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GUIDE

FOR

NUT COOKERY

TOGETHER WITH A BRIEF HISTORY OF NUTS
AND THEIR FOOD VALUES

BY

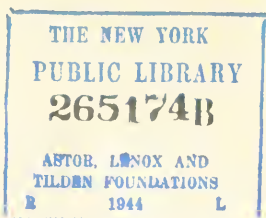
MRS. ALMEDA LAMBERT

ILLUSTRATED

JOSEPH LAMBERT & COMPANY

BATTLE CREEK, MICHIGAN

1899



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INTRODUCTION.

FOR nearly six thousand years, one of the choicest, most healthful, and most nutritious articles of food that was assigned by the Creator for man's diet, has been but little used, at least by the civilized portion of the world.

This long-neglected article of diet some call "shell fruit," but the common name is "nuts." "And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree yielding seed; to you it shall be for meat." Nuts, which are only the shelled fruit of a tree or seeds of a plant, are certainly included in man's original bill of fare.

It is indeed strange that man should so lightly esteem and refuse to partake of these choice, God-given viands, which, judiciously used with grains and fruits, would supply all nature's requirements, and turn from the healthful diet to that which is less wholesome and more liable to disease—such as flesh meats of all kinds. The probable reason for this is, first, they are usually eaten as desserts after one has already eaten a sufficient amount, or they are eaten as titbits between meals, and then, if indigestion follows, the nuts get the credit. Secondly, they are somewhat hard of mastication, and very few people of this generation have teeth sound enough to masticate them sufficiently for easy digestion.

Historians and travelers tell us that the natives of Africa and British Guiana, also the North American Indians, use nuts as one of the principal articles of their diet. Missionaries

who have lately returned from these lands, inform us that the natives still use nuts in the preparation of their foods; and that with their crude utensils, they can grind and emulsify nuts nearly as well as the more modern perfected machinery.

A little over fifteen years ago, the German army began experimenting quite extensively on the use of peanuts as an article of diet for the army, and at the present time, there are annually many thousand tons of peanuts exported from this country to Germany and France. They extract the oil and make the residue into flour or meal, and apportion it to the soldiers. It is made into soups and other foods, and considered very nutritious.

In the last few years, there has been a great awakening in regard to healthful living, and great strides have been made in the methods of emulsifying nuts into a paste or butter,—a convenient form for cooking purposes and much easier to digest. But the majority of those who have adopted nut butter, use it instead of the dairy product only to spread on bread. It is the object of the author to place before the public a book treating upon the use of nuts as shortening, seasoning, etc., to be used in every way in which milk, cream, butter, or lard can be used, and fully to take their place.

To the best of the author's knowledge, there has hitherto been no book which treats upon this subject. The recipes are those which have been carefully tested by the author or some of her friends.

Perfection is not claimed in this work, but it is sincerely hoped that this book is only a forerunner of other and better works on this subject, and that further experiments will bring out other and more valuable recipes.

MRS. ALMEDA LAMBERT,
Battle Creek, Mich.

NUTS AND THEIR HISTORY.

ALMONDS.

THE name of this nut is supposed to be derived from the word *amysso*, meaning to lacerate, on account of the prominent, sharp, knife-like margin of one edge of the nut. The English name is from the Latin *amandola* and from the Greek *amaygdale*. The almond tree is a tropical evergreen, and was originally a native of Barbary and Morocco, but is now widely cultivated throughout the warmer temperate zones of the Old World, and also in California and in the southern United States.

Botanically it belongs to the Rose family, *Rosaceæ*. In most of our modern botanical works, it is classed as a subsection of *Prunus*, the plum. The plum, peach, and almond are generally considered to be only varieties of one species. Our cultivated peaches and nectarines are undoubtedly descendants of the wild almond tree. However, they differ greatly in the size and color of the blossoms as well as the shape and size of the leaf. The almond blossoms are usually somewhat larger than the blossoms of the peach, and of a pale rose color, appearing in early spring before or with the unfolding leaves. The leaves are three or four inches long, tapering and finely serrate. The fruit of the almond, like the peach, is covered with a soft, velvety down; but the pulpy envelope becomes dry and fibrous at maturity, cracking open and allowing the rough, deeply pitted, and wrinkled nut to drop out, while in the peach, the pulpy envelope becomes soft, juicy, and edible. The plum is only a peach with a smooth skin.

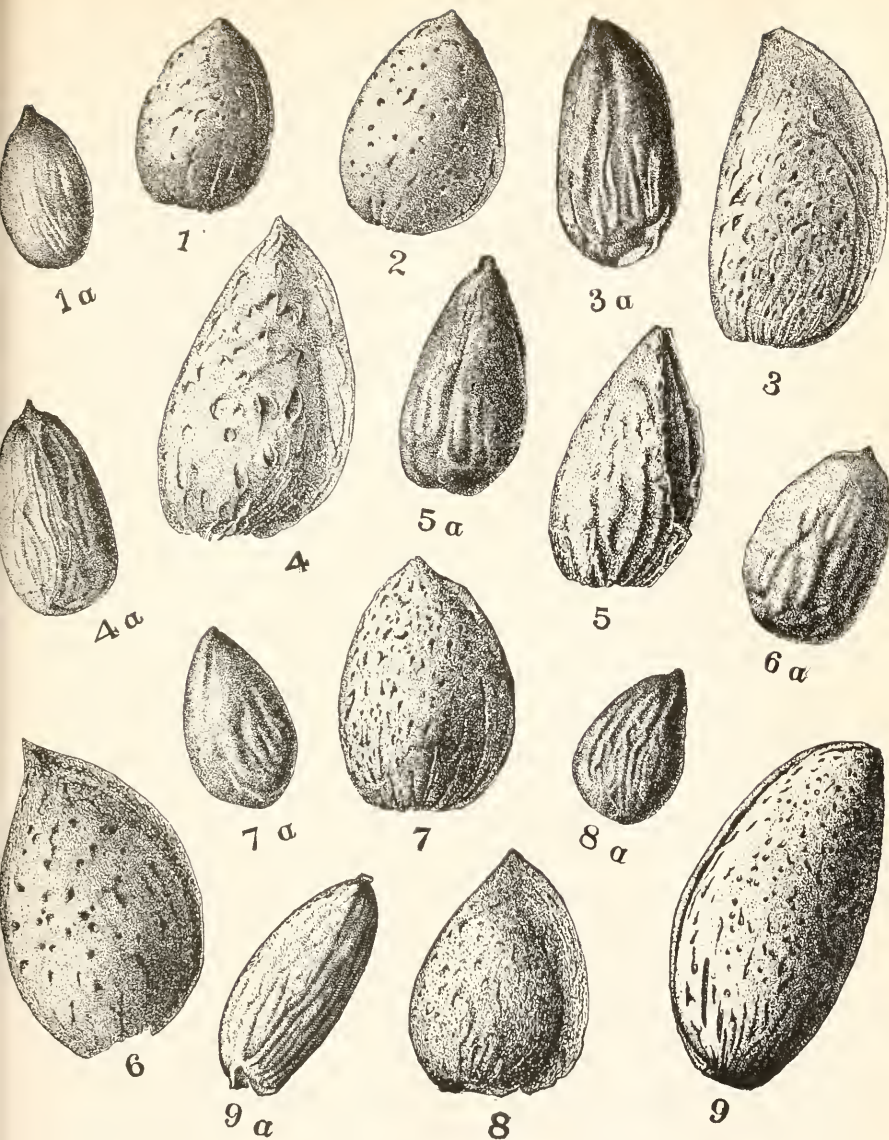
“As with most of the long-cultivated fruit and nut trees, very little is known of the early history or origin of the almond, and even its native country has not been positively determined, although it is supposed to be indigenous to northern Africa, and the mountainous regions of Asia. Theophrastus, who wrote the history of plants three centuries before the Christian era, mentions the almond as the only tree in Greece that produces blossoms before the leaves.”

The almond thrives throughout the Mediterranean countries both in Europe and Africa, and has long been extensively cultivated. It forms an important article of commerce, immense quantities being exported from Spain, mostly from Valencia, while the so-called Jordan almond comes from Malaga, as very few are raised in the valley of the Jordan.

The almond ranks high in nutritive value, and is highly esteemed for culinary purposes, being employed in the preparation of numerous dainty and appetizing dishes for the table. In the countries where the almond is grown, it is considered a dainty dish to serve in the half-open green husks; in this state, the kernels are just passing from the milky stage, and are more easily digested than they are when fully ripe. But those found in the markets are fully matured, and have been thoroughly dried before shipping; most of them are already shelled, as labor is much cheaper in those countries where they grow, and the shipping expense to this country is less.

The sweet almond contains fifty-three per cent. of fats, twenty-three and five-tenths per cent. of albuminous elements, seven and eight-tenths per cent. of starch, and three per cent. of salts, making a total nutritive value of eighty-seven and three-tenths per cent.

The rough brown skin which covers the kernel of the almond is bitter, and somewhat irritating to the stomach. This should be removed by blanching.



ALMONDS.

1. Languedoc; 1a. Languedoc Kernel; 2. Languedoc with Double Kernel; 3. Ne Plus Ultra; 3a. Ne Plus Ultra Kernel; 4. INL; 4a. INL Kernel; 5. La Prima; 5a. La Prima Kernel; 6. Nonpareil; 6a. Nonpareil Kernel; 7. Golden State; 7a. Golden State Kernel; 8. Bitter; 8a. Bitter Kernel; 9. Jordan; 9a. Jordan Kernel.

When formed into an emulsion, they are considered an excellent medicine for persons suffering with diabetes and pulmonary disorders. Almond oil is a standard article in the stock of druggists, entering into the composition of various kinds of powders, paste, syrups, and cosmetics. But the most important use is to take the place of dairy milk and butter.

Almonds are usually divided into three groups ; the soft, or paper-shelled, the hard-shelled, and the bitter. There are many varieties of each group, although they are generally called by the name of the group to which they belong.

Soft, or Paper-shelled Almonds.— In this group there are many varieties, the most common being the widely known sweet-kerneled, thin-shelled nut. It is one of the oldest in cultivation in European countries. The blossoms are pale rose in color and very large.

Hard-shelled Almonds.— This variety differs from the preceding only in the hardness of its shell and its hardness to endure the cold. It can be grown where the peach can, and is very productive. Its shell is quite firm and smooth, but deeply pitted. The kernels are fully as large as the paper-shelled, and equally valuable for food.

Most of the names of the different varieties are the names of the country or city from which they were exported. The Sicily almond from Sicily, Valencia almond from Valencia, while the Jordan almond comes from Malaga, a very few being raised in the valley of the Jordan.

Bitter Almonds.— As regards the shell, this class is not distinct from the other two, as some have soft and some have hard shells ; but the kernels are very bitter, and contain a poisonous acid, known as hydrocyanic, or Prussic, acid. Although it is often used as flavoring in confectionery and cake, it is unsafe to do so.

The kernel of the sweet almond varieties does not contain this poison, but it is found in their leaves and bark.

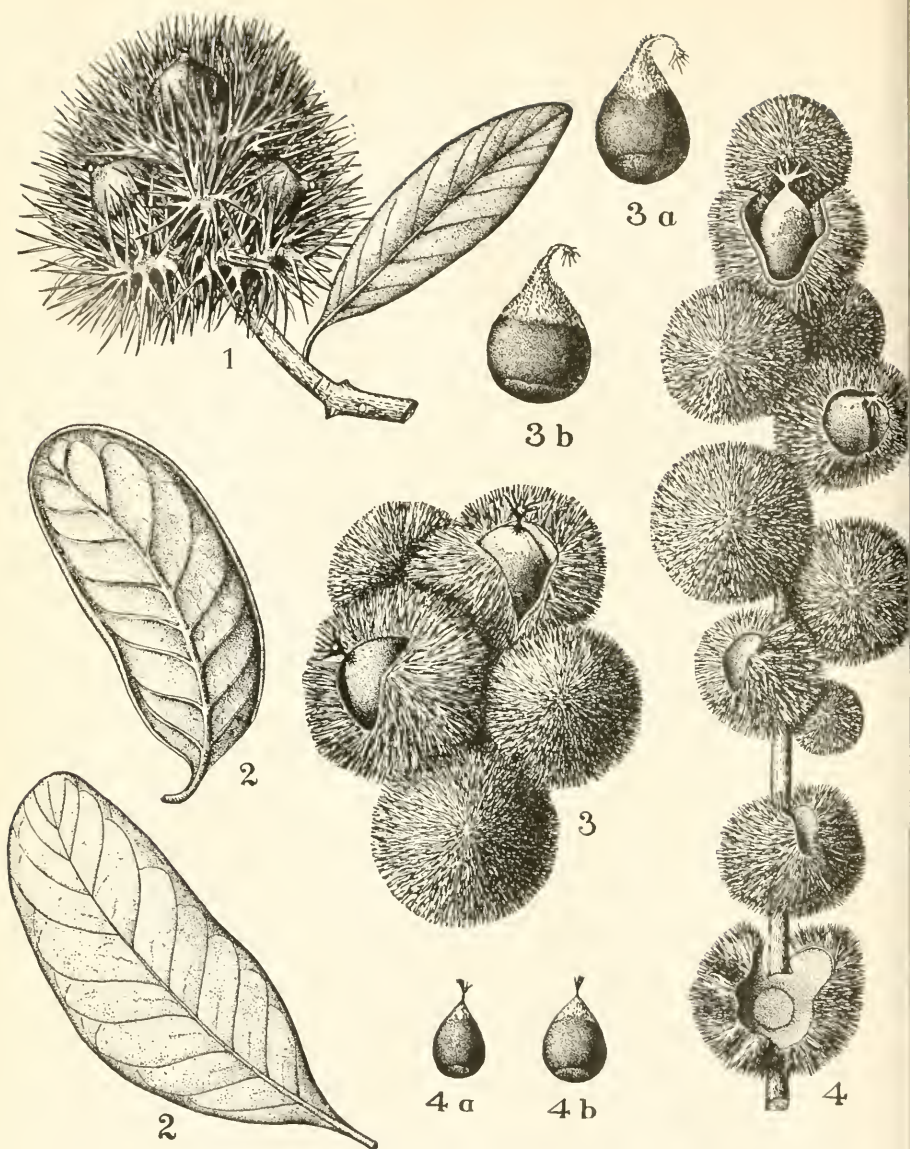
BEECHNUT.

The Latin and botanical name for the tree is *fagus*, and was derived from the Greek word *phago*, which means to eat, alluding to the fact that the nuts have been considered good eating by the inhabitants of the countries where the beechnut grows. Botanically, it belongs to the *Cupulifera*, or Oak family. The flowers appear in the spring, with the straight-veined and serrate leaves. The calyx of the sterile flowers are bell shaped and five cleft, containing many stamens.

The fertile flowers appear in pairs on the summit of a scaly bracted peduncle. The seed-pod, which at maturity, becomes a prickly, scaly bur, contains a pair of three-sided nuts, whose kernels are tender and sweet flavored. The common beech of Europe is

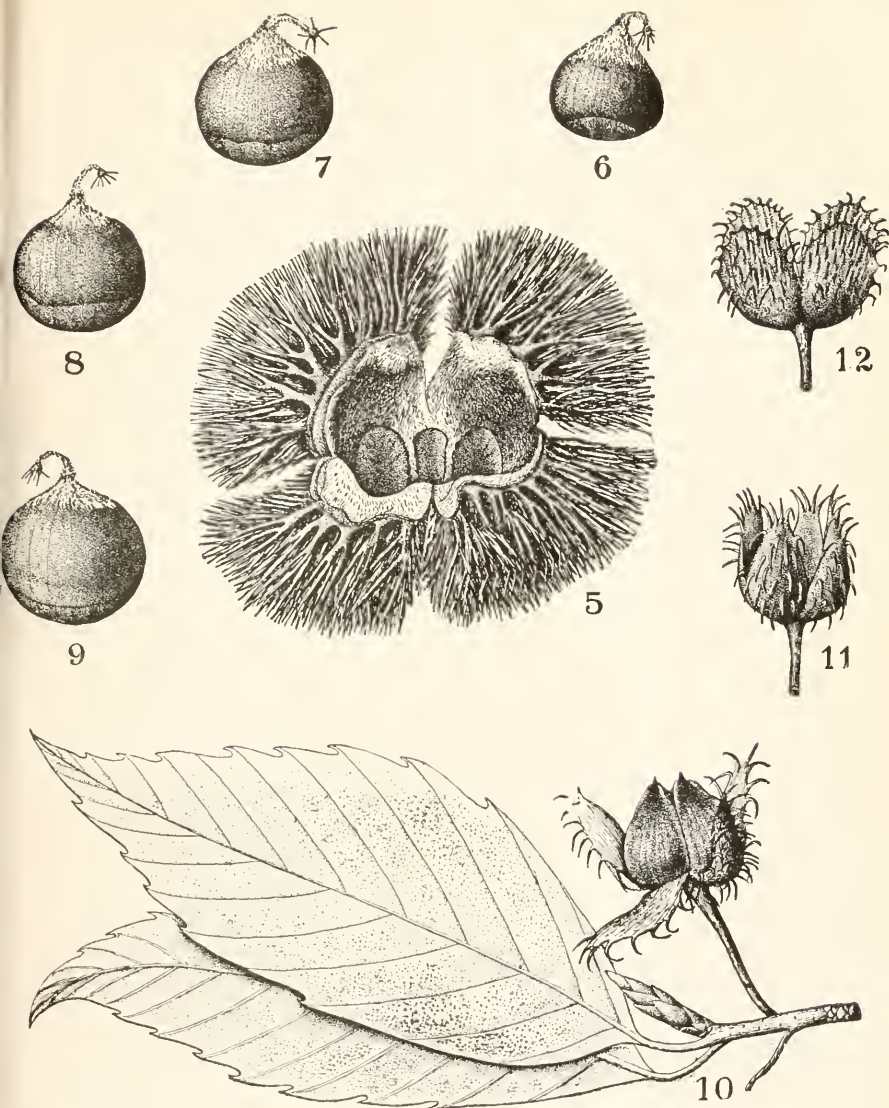


BEECHNUT LEAF, BUR, AND NUT.



WESTERN CHINKAPIN BEECH.

CHINKAPIN.— 1. Fruiting Cluster; 2, 2. Leaves; 3. Common Form of Fruiting Cluster; 3a, 3b. Nut of Common Chinkapin; 4. Spiked Form of Fruiting Cluster; 4a, 4b. Nut of Spiked Chinkapin.



WESTERN CHINKAPIN BEECH.

CHINKAPIN.—5. Tree Chinkapin Bur; 6, 7, 8, 9. Nuts of Tree Chinkapin.
 BEECH — 10. Twig, Leaf, Bur, and Nut; 11, 12. Beech Burs.

very similar to the American beech, excepting its leaves are broader, but not so long and pointed. The trees are usually large, with smooth ash-gray bark.

The early writers of Greece and Rome frequently refer to this nut. Vergil and Pliny speak highly of the beechnut as an article of food. Pliny informs us that at the siege of Chios, the besieged inhabitants lived upon the beechnut alone for some time.

There are many species of the beech, but they are all similar, some having larger leaves and nuts than others. Among them are the following: the American beech, the European beech, and the Evergreen beech. The beechnut is quite small, and hard to gather, making it unprofitable to gather them for sale. For this reason very few of them are sold in the markets.

The beech-wheat, more commonly called buckwheat, so named on account of its kernels having the shape of the beechnut. The kernels are small and dark-brown color, on the outside, and three-sided, but in section it is more like ordinary wheat.

In the forests, the beechnut affords food for many wild animals and birds. The nut contains considerable oil, and many have experimented on extracting it for salads and cooking purposes. Formerly beechnut oil was made in France in considerable quantities and used for frying fish and as a dressing on salads. The country people of Silesia use it instead of butter, and that which remains after the oil is taken out, they feed to swine, poultry, and cattle.

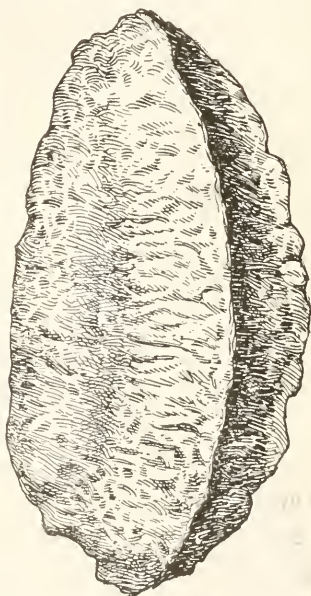
BRAZIL-NUT.

Brazil-nuts are also called Para-nuts and cream nuts. They are the triangular edible seeds of a South American tree, belonging to the Myrtle family (*Bertholletia excelsa*).

The tree attains a height of one hundred to one hundred and fifty feet, and the trunks are three to four feet in diameter. The leaves are broad, smooth, and about two feet long, thick and leathery. The fruit is globular in form and from four to six inches in diameter, with a brittle husk bearing a hard, woody shell, which is closely packed with the seeds (nuts), numbering from fifteen to twenty-four. The seeds are about one and one-half to two inches long, having a dark, rough exterior. The kernels are smooth, white, and very oily, having a rich and delicious flavor.

The Brazil-nut is indigenous to Brazil, Guiana, and Venezuela, and southward to Rio Janeiro. They form immense forests in the valley of the Orinoco and Amazon. There is an inexhaustible supply, the only difficulty is in getting them to the seaports and towns. They are principally exported from Para. They are rich in fats, having fifty-seven per cent.

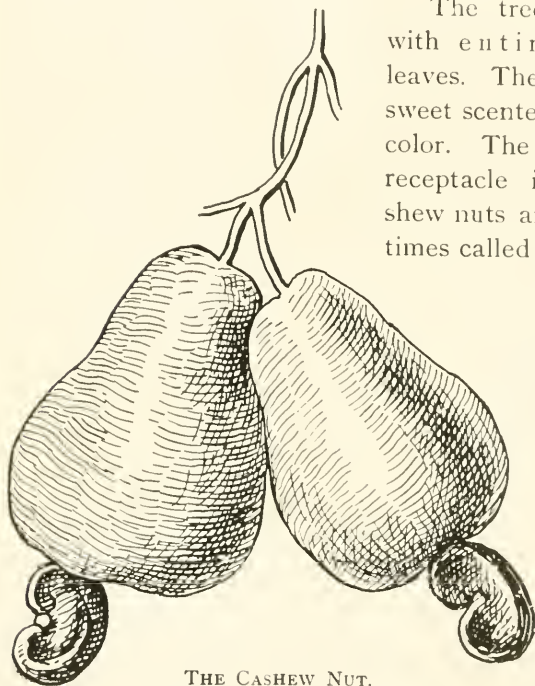
A very superior oil can be obtained from these nuts by pressure, but at the present, their principal use is in dessert and confectionery.



BRAZIL-NUT.

CASHEW NUT.

This is a tropical American shrub or small tree, belonging to the Cashew family, or *Anacardium occidentale*. It is now naturalized in Africa and Asia.



THE CASHEW NUT.

The tree is an evergreen, with entire, feather-veined leaves. The flowers are small, sweet scented, and of a reddish color. The fleshy pear-shaped receptacle in which the cashew nuts are borne, is sometimes called the cashew apple.

The fruit is kidney shaped. The nut proper is enclosed in a leathery covering, consisting of two layers, between which is a caustic, oily substance, exceedingly acrid; but this is eliminated by heat, so that

when the kernels are roasted they have a pleasant flavor, and are highly esteemed for desserts. Care must be taken in roasting the nuts, as the fumes given off during this operation cause inflammation of the eyes. The nuts also yield an excellent oil.

CASTANOPSIS.

The name of this tree was derived from *Castanea*, the chestnut. It is an evergreen tree intermediate between the oak and the chestnut. There are several varieties in the Old World and in the islands of the sea, but only one in this country, and that is on the Pacific Coast.

Where the climate is moist, the castanopsis becomes a large tree from fifty to one hundred feet high, with a trunk from two to three feet in diameter, but in the dry regions of California, it is a mere shrub.



CASTANOPSIS BUR AND KERNEL.

C. S. Sargent, in his work entitled "Woods of the United States," says as follows: "This handsome broad-leaved evergreen tree is indigenous to the elevated regions, from Monterey, Cal., northward to the Columbia River in Oregon.

CASTANOPSIS
NUT.

"It is also common in the Sierra Nevadas at elevations of six thousand feet, but in its southern limits rarely below ten thousand feet elevation."

The leaves are oblong-lanceolate, growing from one to four inches long. The fruit is enclosed in an involucre, or bur, covered with stout, divergent spines from one-half inch to one inch in length. There is usually only one nut in a bur, but several burs grow on one twig.

The nut is small, conical in form, slightly triangular, with a firm, brittle shell, not fibrous like the chestnut or acorn. The kernels are sweet and the flavor excellent. They are greedily eaten by birds as well as squirrels. The nuts do not ripen the first season, but stay on the trees through the winter, and become fully matured about the middle of the next summer.

CHESTNUT.

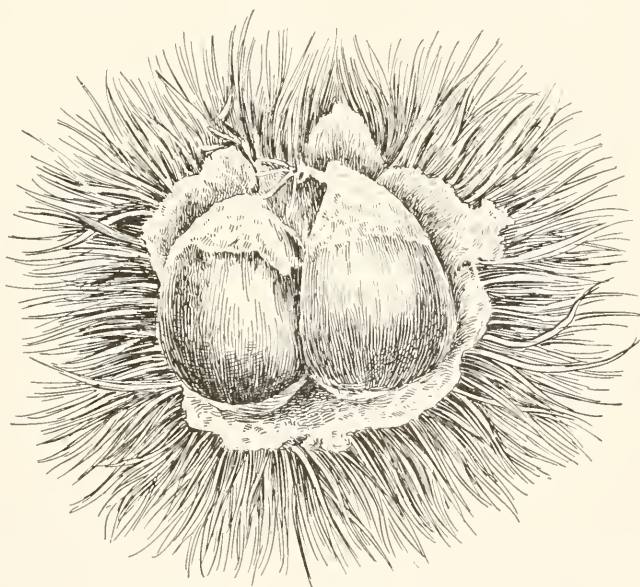
The chestnut belongs to the Oak family and to the group *Castanea*. The sterile flowers cluster in long catkins, and appear in the axils of the leaves. The fertile flowers are near the base of the last sessile catkin, from one to seven in a cluster, having a calyx from four to six lobed, crowning the three- to seven-celled ovary, which becomes a scaly, prickly bur.

The chestnut is a tall-growing tree. Travelers describe the monarchs of Etna as being trees of immense size. The Roman writers who have written on rural affairs, mention the chestnut as a valuable food-producing tree, but Piny, who describes several varieties of the chestnut, seems to place more value upon the timber than on the nut. There are three principal subdivisions: the European chestnut, the American, and the Chinkapin.

The European variety has long, lanceolate, pointed leaves, smooth on both sides, and much thicker than the leaves of any other variety.

The burs are very large, covered with long, branching spines. The nut shell is thick and tough, and of a dark, mahogany-brown color. This variety is characterized by the kernels being wrapped in a tough skin that is intensely bitter.

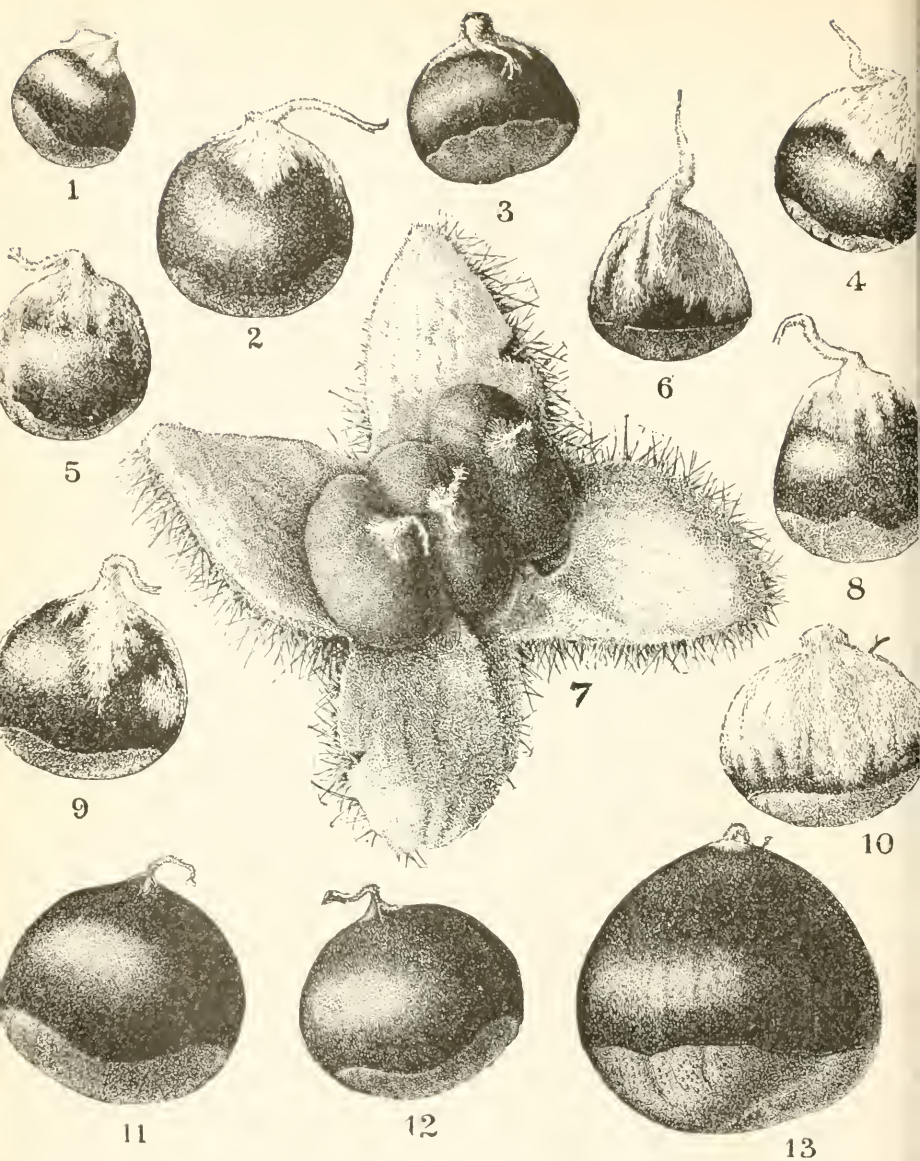
There are many varieties of this group, among them the Japan chestnut, the Numbo, the Paragon, Ridgely, Comfort, Cooper, Carson, and many others.



OPEN BUR OF THE RIDGELY CHESTNUT.

The European chestnut has been so frequently and extensively referred to by ancient and modern authors that it would not be at all difficult to fill a large volume with brief extracts from their works. All who have had any experience with it admit its value as food for many wild and domestic animals, as well as for the human race.

The European chestnut is much larger than those indige-



CHESTNUTS.

1. A Small, Wild Form; 2. Murrell; 3. Hulse; 4. Excelsior; 5. Ketcham, 6. Wild Form; 7. Watson; 8. Otto; 9. Dulaney; 10. Griffin; 11. Numbo; 12. Ridgely; 13. Japan Giant.

nous to America, and many have tried growing them here ; but only a few have succeeded in making them grow, though after they are once started they are quite hardy. There are a few nice groves of the Japan, Numbo, and Paragon chestnuts, species of the European variety, growing on Long Island and in New Jersey.

The American chestnut has oblong-lanceolate serrate leaves, smooth on both sides. The bur, which usually contains three nuts, is thickly covered with long, branching spines, becoming woody, and opening by four valves.

The nuts have a dark-brown shell, which is tough and leathery. The kernels are fine grained and sweet. The trees are common in the Middle and Northern States ; they grow very large and live to a great age. Some of the varieties of this group are the Burless and the Hathaway.

The Chinkapin is the smallest of the chestnut family ; its leaves are broadly oval, coarsely serrate, pale green above, and silvery white below. The burs are in long racemes, covered with long, branching, sharp spines, containing only one, top-shaped, glossy-black nut in each bur. The kernels are sweet. Fuller's Chinkapin, common Chinkapin, and the Bush Chinkapin, are in this group.

The chestnut ranks high in nutritive value, containing eighty-nine per cent. of nutrition,—fourteen and six-tenths per cent. of albuminous element, sixty-nine per cent. of starch, two and four-tenths per cent. of fats, and three and three-tenths per cent. of salts.

As they contain so much starch, they are more easily digested if cooked before being eaten. For more than a thousand years, this nut has been an important article of diet for the poorer class of Southern Europe. In some of the mountain districts, it is almost the staff of life. Chestnuts are not only used in their raw state, but are boiled, roasted,

and even dried and ground into flour, which is made into a coarse but nutritious kind of bread.

CHUFA (EARTH ALMOND).

Chufa is a grass-like plant, indigenous to the countries bordering on the Mediterranean Sea, and cultivated for its



CHUFA NUT.

nut-like, sweet tubers, called Chufa or Earth Almonds.

It belongs to the Sedge family (*Cyperaceae*), and botanically is called *Cyperus Esculentus*. The leaves resemble coarse marsh grass. The plant produces small, oblong tubers in abundance, which are rich in fats and very sweet, tasting like the almond, but hav-

ing a better flavor. An excellent milk may be made from them, which can be used for shortening.

They can be easily grown, by planting them in drills like peas. Seed Chufa can be obtained at Buckbee's seed store, Rockford, Ill. These nuts generally go by the name of Chufus, or Earth Almonds.

COCOANUT.

The cocoanut is the largest edible nut in our markets, and is very widely known. It is sold in the markets with the outer husk removed, but with long, bristly fibers adhering to the very hard, thick shell lined by the white meat, which surrounds the watery fluid called cocoanut milk. They are large in size, ranging from six to twelve inches long, and three to six inches in diameter. They are borne on lofty tree-like palms (*Palme* or *Palmarce*), which are natives of Africa, India, and the islands of the Indian and Pacific Oceans. They grow sixty to ninety feet high, and have pinnate leaves from ten to twenty feet long. The nuts hang at the base of the leaves, in clusters of from eighteen to twenty. This tree yields cocoanuts, drink, fuel, and clothing, and is the most useful of all trees, thriving only near the seacoast, or where the sea breezes reach it.

The natives eat this nut in its immature state, when the flesh is soft and very much like a delicious custard. It can be eaten from the shell with a spoon. In this stage it is very easy of digestion; but when it becomes mature, it is quite woody, and hard of digestion. In this country it is principally used for flavoring, and for its oil, in which it is very rich, containing thirty-six per cent. of fats, eight per cent. of albuminous material, and one per cent. of salts.

The oil consists of a peculiar substance called cocinin, a combination of fatty acids and a very small quantity of olein. The cocoanut-oil is liquid at eighty degrees; below this temperature, down to fifty degrees, it is of the consistency of lard; and below that temperature it is quite hard. Under pressure, the oil separates, forming not only a liquid but a solid substance. The solid portion, called "cocoa stearin," is manufactured into a butter called "cocoanut stearin," and



COCOANUT.

used for lubricating the skin in giving massages, etc. The stearin is also used for making candles. The cocoanut-oil is utilized in manufacturing toilet and fullers' soaps.

There is a company in the United States that manufactures a butter from the cocoanut which they call "Nutcoa." It is of a clear, whitish color, and is composed wholly of fats. It is better for cooking purposes than for table use, although it is finding its way to the tables of the poorer classes as a substitute for oleomargarin. It is, of course, free from tubercular germs, by which so many of the cattle of this country are afflicted.

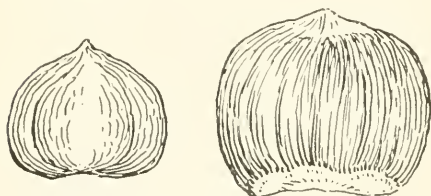
In countries where they are indigenous, cocoanuts are used in many ways. The young and tender sprouts are cooked as we would prepare asparagus. A cream is made by grating the cocoanut fine, and rubbing it well with the hands in as warm water as possible. The oily part, perfectly emulsified, rises to the surface, and is poured off, leaving the coarser part to settle to the bottom. Cocoanut cream is excellent on grains, or for seasoning other foods. The oil can be made by grating and rubbing like the above, and then boiling for an hour or more in plenty of water. When cold, the oil will rise and the woody portion will settle to the bottom.

The husk, or fibrous pericarp of the cocoanut, is termed "coir," and is used in various ways. Coir is prepared by soaking the husks for several months in water, and then beating with heavy weights. Coir yarn is imported into America, and is preferable to horse hair for stuffing mattresses, cushions, chairs, and saddles, as it is indestructible and never harbors vermin. It may also be made into very strong, light rope, formerly of great value to seamen, as it floats in water and is unaffected by it. Coir is also made into mats; and the twisted and braided fibers are used by the Polynesians in the place of nails in the construction of houses and canoes.

The small and immature nuts are grated fine while green, and used for medicinal purposes. A healing salve may be made from the unripe nuts, by mixing with the oil of the ripe nut. The trunks of the trees are used for building purposes.

FILBERT, OR HAZELNUT.

The hazelnut is a bush or small tree, belonging to the Oak family (*Cupulifera*), producing edible nuts of a dark-brown color. The staminate flower appears in the autumn, in cylindrical catkins, remaining on the plant all winter, and becoming fully developed to shed their pollen early in the spring. The pistillate flowers appear very early in the spring, before the leaves, during the warm days of March or April. The bright red stigmas push through the ends of the buds, dropping off as soon as fertilized. The tree may then remain without leaves for several weeks.



COMMON FILBERT AND ITS KERNEL.

All the varieties which have long, fringed husks extending beyond the nut, are filberts; while those whose husks are shorter than the nut, are hazels; this word being derived from the Anglo-Saxon word *hæsel*, meaning a hood or bonnet.

The filbert has been celebrated from ancient times, both in prose and poetry. Vergil says it has been more honored than the vine, the myrtle, or the bay itself. Formerly a forked twig of the hazel was used as a divining-rod for finding hidden treasures, veins of metals, subterranean streams of water, and even pointing out criminals.

There are many varieties; the two principal ones being the American and European filberts. Among the American

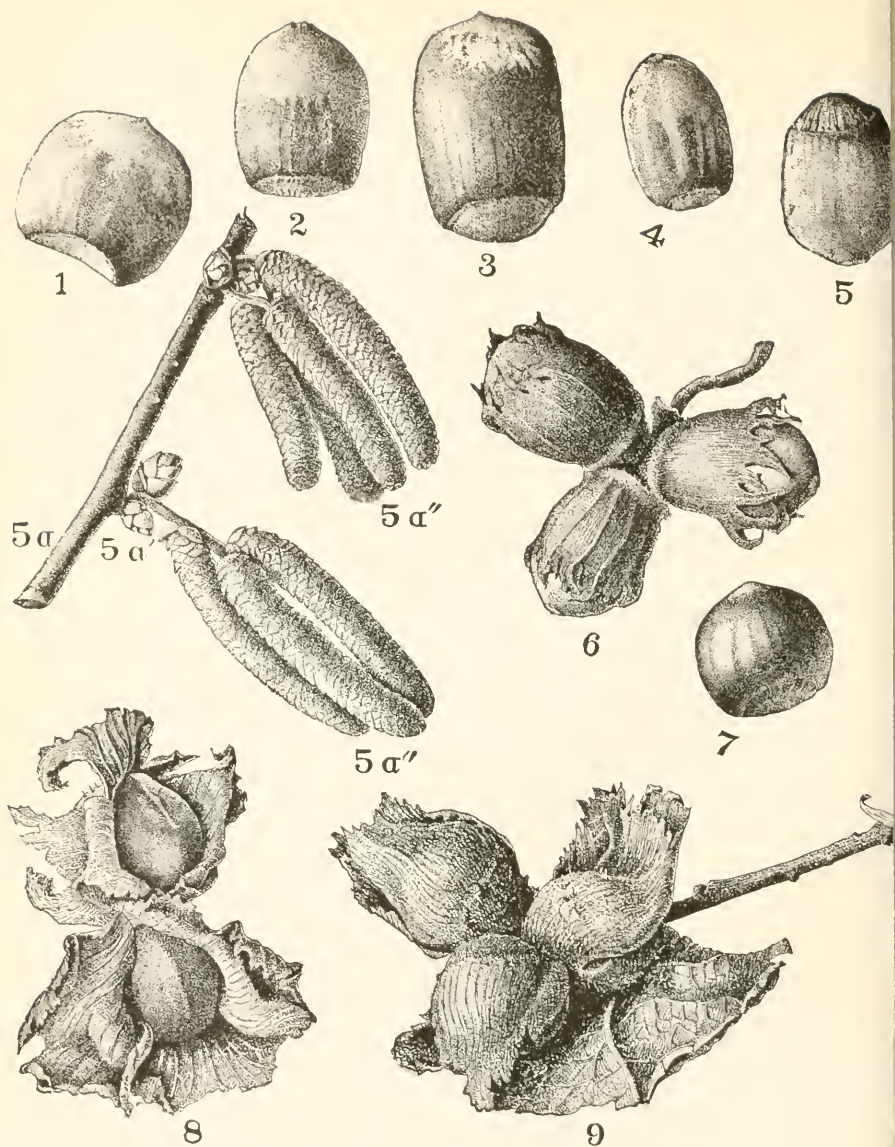
varieties the *Corylus American* (Walters) and *Corylus Rostrata* Aiton are the best. Among the best of the European varieties are the *Corylus Avellana* (Linn), Alba, or white filbert, Cosford, Crispa, Lamberts, Grandis or round, Cobnut, purple-leaved filbert, red filbert, and Spanish filbert.

The hazelnut is very high in nutritive value, and one of



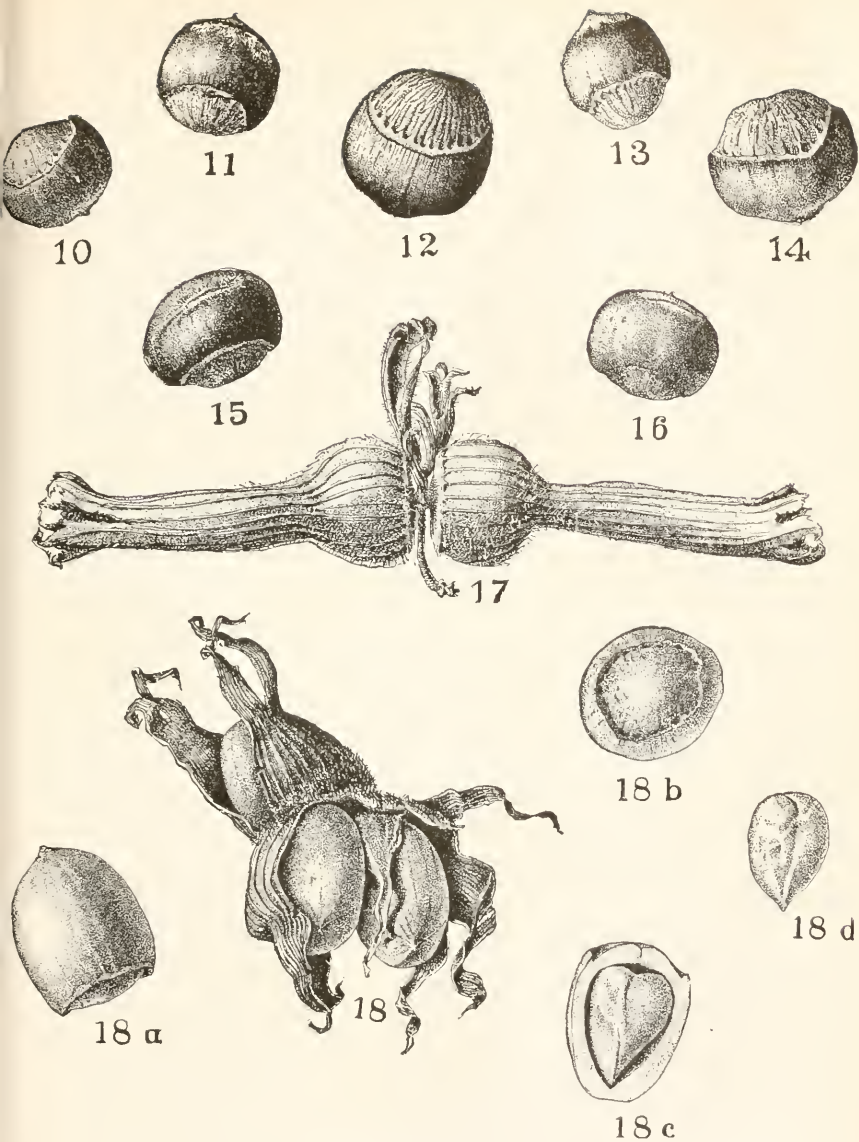
LARGE SEEDLING HAZELNUT.

the very best for general use. It contains seventeen and four-tenths per cent. of albuminous elements, seven and two-tenths per cent. of starch, sixty-two and six-tenths per cent. of fats, and two and five-tenths per cent. of salts, making a total value of eighty-nine and seven-tenths per cent.



HAZELS.

1, 2, 3, 4. Imported Nuts, derived from *Corylus Avellana*; 5. A Seedling derived from *Corylus Avellana*; 5a. Portion of Twig, showing Winter Bud: 5a'. Dormant Pistillate Buds; 5a''. Dormant Staminate Catkins; 6, 7. Specimens of Imported Nuts; 8. American Hazel with Open Involucre; 9. American Hazel with Closed Involucre.



HAZELS.

10, 11, 12, 13, 14, 15, 16. Varying Forms and Sizes; 17. Typical Cluster; 18. Cluster showing Fruiting Habit; 18a. Side view of Nut; 18b. Basal view of Nut; 18c. Section of Nut showing Kernel; 18d. Kernel.

GROUNDNUT.

The groundnut is a tuber of a widely distributed climbing plant, common in low, wet grounds, almost everywhere, from Canada to Florida, and westward to the Mississippi. This plant is described in most of the botanical works of the present day under the name of *Apios Tuberosa*, and belongs to the Pulse family (*Leguminosæ*). It is a perennial twining vine, with pinnate leaves and dense racemes of small, brownish-purple, pea-shaped flowers. The subterranean rootstocks bear long strings of edible tubers, which are round, some as large as walnuts, and some a great deal larger. They are dark-brown on the outside, but white within. When boiled or roasted, they have a rich, farinaceous, nutty flavor.

HICKORY-NUT.

The hickory-nut belongs to the *Juglandaceæ*, or Walnut family, and to the group *Carya*. Of this there are several varieties: The *Carya Olivæformis*, (pecan-nut), *Alba* (shell-bark or shagbark), *Sulcata*, (Western shellbark), *Tomentosa* (mockernut, or white heart hickory-nut), *Amara* (bitter-nut), *Porcina* (or pignut), and the *Aquatica*, or water hickory. Among these, the first two are the most valuable for the nuts, although the other varieties are quite as good for timber.

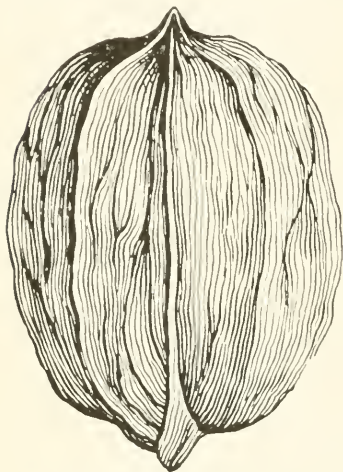
The sterile flowers are in long, cylindrical catkins, three in a cluster, on a common peduncle; the leaflets are sessile or nearly so, of from five to thirteen leaflets. The nuts are globular, or short oval, sweet, edible, and enclosed in a husk which opens by four valves. The shellbark, or shagbark, is considered the best variety for eating purposes; it is so called on account of the bark of the trunk being shaggy and sepa-



BRANCH WITH BURS OF NUSSBANNER'S HYBRID HICKORY.

rating in rough strips. The nuts are variable in size, mainly thin-shelled and white; the kernels are large, sweet, and excellent; it is one of the most popular of nuts, the demand being almost unlimited.

The Western shellbark differs from the preceding, in having a lighter-colored wood, the leaves more downy, and the nuts larger, measuring two inches long, and pointed at both ends. The kernels are smaller in proportion to the size of the nut than in the preceding, but are easily removed from the shell.



WESTERN SHELLBARK HICKORY.

The variety known as the Hales hickory has the thinnest shell and plumpest kernels of any of the hickories. The shell is not much thicker than a pecan shell, and has no sharp ridges running from the base to the point as in other varieties.

The mocker hickory-nut and others of similar kinds, have smaller nuts, with thick, hard, shells; though sweet, they are small, and very difficult to remove from the shell, and on this account, they are of little value.

The bitter-nut is similar to those of the above variety, but the kernels are intensely bitter, but when in the milky state are greedily eaten by the squirrels.

The pignut and water hickory also have bitter kernels.

The hickory-nut is strictly an American nut, being found only on the Western continent. The early white settlers found the Indians using the hickory-nut in many ways and storing large quantities of them for winter food, sometimes



SHELLBARK HICKORIES.

VARIATION IN FORM OF WILD NUTS.—1, Quadrangular; 2, Roundish; 2b, Hull of Roundish; 3, Oval; 4, Long Ovate; 5, Roundish Oblique; 6, Ovate Oblique.



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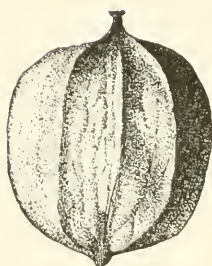
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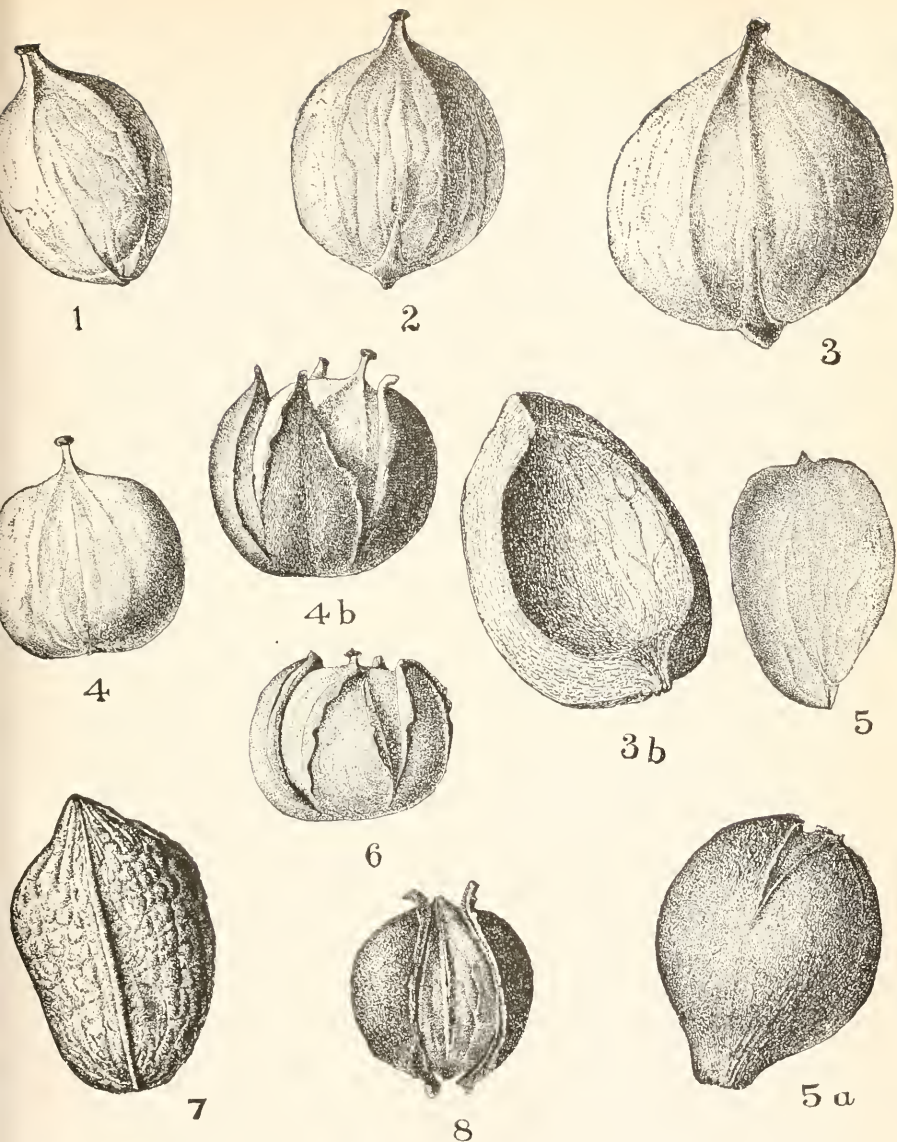
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10

SHAGBARK HICKORIES.

VARIATION IN FORM OF WILD NUTS.—1. Ovate; 1b. Portion of Hull of Ovate; 2. Long Ovate; 3. Quadrangular; 4. Obovate; 5. Shinar; 6. Meriden; 7. Jackson; 8. Milford; 9. Rice; 10. Woodbourne.



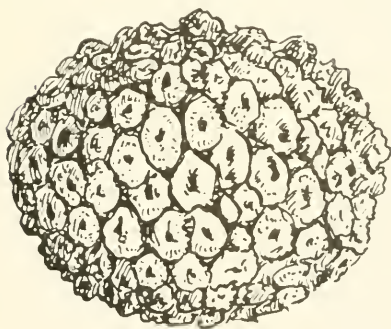
MISCELLANEOUS HICKORIES.

MOCKER NUT; FORMS OF WILD NUT.—1. Oval; 2. Roundish; 3. Roundish Oblique; 3b. Hull of Roundish Oblique. PIG NUT.—4. Bracket; 4b. Nut of Bracket in Hull; 5. Fig-Shaped; 5a. Nut of Fig-Shaped in Hull; 6. Roundish Nut in Hull; 7. Specimen from W. R. Stuart; 8. Nut and portion of Hull of a Water Hickory.

one family having one hundred bushels. They had no mills in which to grind them, but they made them fine by pounding and putting them into boiling water, working them well with a wooden paddle. The oily part of the liquid was preserved and called by a name which signifies "hickory milk." It is rich, sweet, and delicious, the fat being in the form of an emulsion, like cream. The Indians used it in cooking, especially in hominy and corn cakes. As nut foods are coming into such general use, there may come a day in the future when hickory milk will be again in vogue, and be more highly esteemed by the civilized people than it was by the aborigines.

LITCHI (LEECHEE NUT).

The Litchi nut is more of a fruit than a nut. The tree grows in southern China and the Philippine Islands, and belongs to the Soapberry family (*Sapindaceæ*).



LITCHI NUT.

The tree grows about twenty-five feet high with sturdy twigs and branches; the leaves are composed of seven oblong, pointed leaflets. It is said to be one of the most popular of Oriental fruits. These trees are now on trial in Florida, being introduced in 1886.

In the last few years, this fruit has appeared in the markets of our large cities, in consequence of the increased trade with Oriental countries and facilities for rapid transit across the continent.

The fruit is globular in form about one inch in diameter, with a thin, chocolate-brown colored shell covered with wart-

like protuberances. When fresh, the shell is filled with a jelly-like pulp of a most delicious sub-acid flavor, but is often rather dry and stale in the nuts before it reaches our markets. It has one smooth, brown seed in the center of the fruit.

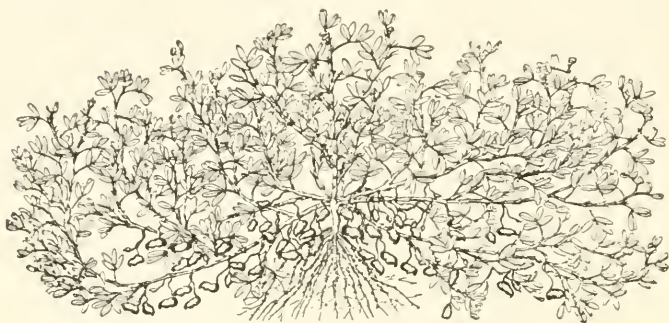
PEANUT.

The peanut is the fruit of a trailing plant, botanically called *Arachis hypogæa*, which belongs to the bean family (*Leguminosæ*). It is known in different localities as the earthnut, groundnut, ground-pea, goober, pindar, jar-nut, and Manila-nut. Strictly speaking, it is not a nut at all, and should more properly be called the ground-pea. The plants are annuals, growing from one to two feet high, with thick, pale-green, hairy stems; some varieties have long, spreading branches. The blossom is at the end of a long, pedicel-like calyx tube, the ovary being at the base; after the blossom drops off, the peduncle or "spike" with the ovary on the end elongates and bends downward, pushing several inches into the ground, where the ovaries develop into a pale yellowish, wrinkled, and slightly curved pod, often contracted in the middle, and containing from one to three seeds. Should the spike not be able to thrust itself into the ground within a few hours after the fall of the flower, it withers and dies. It is therefore very necessary that the ground should be kept as light and porous as possible to insure a good crop.

The "Farmers' Bulletin No. 25," published by the Agricultural Department of the United States, treats upon the culture of peanuts, and names the following varieties:—

"The Virginia running variety of the peanut, being most widely known and most popular with the trade, may be taken as the typical American peanut. Its vines are large, with

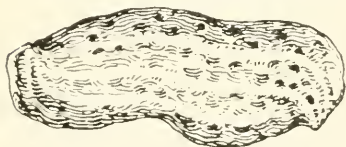
spreading branches, growing flat on the ground and bearing pods over almost their entire length. The pods are large and white, weighing about twenty-two pounds to the bushel.



PEANUT PLANT (VIRGINIA RUNNING VARIETY).

“The Virginia bunch variety grows erect and fruits near the tap-root, but produces pods very closely resembling those above described.

“There are two varieties in Tennessee, the white and red, the white closely resembling the Virginia running variety, and the red producing somewhat smaller pods with kernels having a dark red skin. This variety matures earlier than the white, yields fewer pods, or imperfect pods, has a less spreading habit, and on account of this difference in growth is perhaps somewhat more easily cultivated.



POD OF THE VIRGINIA PEANUT.



KERNELS OF VIRGINIA PEANUT.

“The North Carolina (or African) variety grown in Wilmington section of the State has much smaller pods than those just described, weighing twenty-eight pounds to the bushel; the kernels contain more oil than those of other varieties.

“The Spanish variety has a relatively small, upright vine, forms small pods near the tap-root, and can be planted much closer together than any of the others, thus producing a very heavy crop to the acre. The North Louisiana Station found the Spanish a desirable variety, easily harvested, all of the pods adhering to the vine. It required a much shorter period to mature, and planted as late as July 1, matured a full crop in that latitude before frost. The pods filled out well, forming few if any pops.

“The Georgia red-nut, like the similar variety in Tennessee, has medium-sized vines growing up from the ground and fruiting principally near the tap root, with three or four kernels to the pod.

“These comprise all the varieties cultivated in this country, but in Costa Rica there is a variety with long pods, without divisions, containing four or five seeds, and in the Argentine Republic a large-sized variety with a deep, orange-colored shell. In the Malay Archipelago there are two varieties, called the white and brown, resembling probably the white and red Tennessee varieties, excepting as to size.

“The peanut of India and Africa resembles the North Carolina variety in size, and is raised principally for the oil which is contained in its kernels.” The varieties which are usually sold in the markets, appear under the following names: Spanish (shelled) are small and nearly round, having a sweet and mild flavor; they are never



POD OF SPANISH PEANUT.



SPANISH PEANUT.

sold in the pod, as they are so tight to the peanut that they are hard to break open. This variety is considered the best for butter-making, although some prefer the Virginia.

“The Virginia (shelled) peanut is larger than the Spanish

nut, having a stronger peanut flavor, but equally rich in oil. These are usually assorted into three grades, the Nos. 1 and 2, and the Extra Large, Hand-picked. The No. 2 nuts are small, shrivelled, and split; they are therefore difficult to roast and blanch, and make an inferior grade of butter.

“Statistics tell us that there are 4,000,000 bushels of nuts used yearly by Americans, which cost the consumers \$10,000,000, and that fully three fourths of this amount was sold to venders of the roasted peanut, either directly or through jobbing houses, and the remainder and poorer grade of the peanuts are sold to confectioners, to be used in the manufacture of peanut candy and cheaper grades of chocolates. A small amount is also sold to be made into oil. Thus, it will be seen that the greatest part of the peanuts that have been used by Americans, has not formed a part of the regular articles of food, but are eaten at odd times.

“The peanut planter makes use of the vine, under the name of peanut hay, which is carefully saved and fed to all kinds of live stock. They also use the thin skins enclosing the kernel, as a fodder. The vines, when plowed under just before blossoming, are an excellent fertilizer, and are considered better than clover to enrich the soil. The peanut has been valued most for the oil which it contains. In the Old World millions of bushels of peanuts are being used annually for the production of oil, which is considered equal to olive-oil, and may be used in every way in which that is employed. This oil forms from thirty to fifty per cent. (by weight) of the shelled nut. It has an agreeable taste and smell and very much resembles the olive-oil, so much so that a great deal of the olive-oil sold in the country is nothing but peanut oil.

“During the years between 1861 and 1865, peanut oil was manufactured by at least four mills in the Southern

States, and used as a lubricant by railroads for locomotives, by wool and cotton spinners for their spindles, and by housewives instead of lard as shortening in bread and pastry. The cake was eaten by many living in the vicinity of the mills, and was very highly spoken of by those who used it, as a palatable and nutritious food for man."

Thus we see that over thirty years ago, peanuts were not only used as titbits between meals, but also for culinary purposes. But since the invention of machinery for family use, for grinding the nuts into a butter, their use has spread over a greater territory. This is partly due to the fact that the expense is thus lessened, and not only this, but because the nut as it comes from the mill is in a much healthier condition to eat, being easier of digestion than the oil or the raw residue that remains after the oil is taken out. The nut butter can be easily mixed with water, forming an emulsion, and by thinning it sufficiently, it makes an excellent substitute for cream and milk. It can also be made into various nut foods.

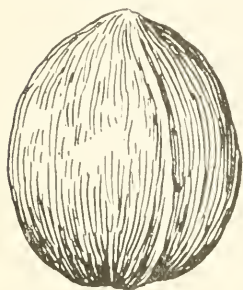
The following is a comparison made by Professor König, based on the price in Germany of the following twelve principal foods reduced to units of nutrition:—

| | NUTRITIVE UNITS PER POUND. | COST 1,000 UNITS IN CENTS. |
|-----------------------|-------------------------------|-------------------------------|
| Skim-milk..... | 98.2 | 10.4 |
| Skim-milk cheese..... | 870.0 | 11.0 |
| Full milk..... | 145.5 | 11.5 |
| Bacon..... | 1,257.7 | 15.5 |
| Butter..... | 1,186.3 | 20.4 |
| Veal..... | 525.9 | 22.2 |
| Beef..... | 530.9 | 26.0 |
| Peas..... | 778.6 | 4.2 |
| Potatoes..... | 138.2 | 5.1 |
| Rye flour..... | 603.6 | 6.0 |
| Rice..... | 534.6 | 10.0 |
| Peanut meal..... | 1,425.0 | 3.0 |

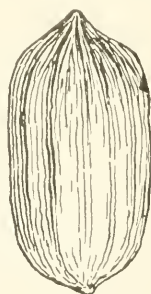
It follows, therefore, that peanut meal is not only the most nutritious, but by far the cheapest of the whole list of food materials.

PECANS.

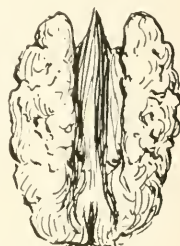
The pecan is a variety of the hickory-nut, growing in the valley of the Mississippi River and its tributaries as far north as Ohio. It is also found very plentifully in Texas. The trees are tall but usually slender, with nearly a smooth bark, the leaves having from thirteen to fifteen leaflets. There are



SHORT OVAL PECAN.



OVAL PECAN NUT.



KERNEL OF PECAN.

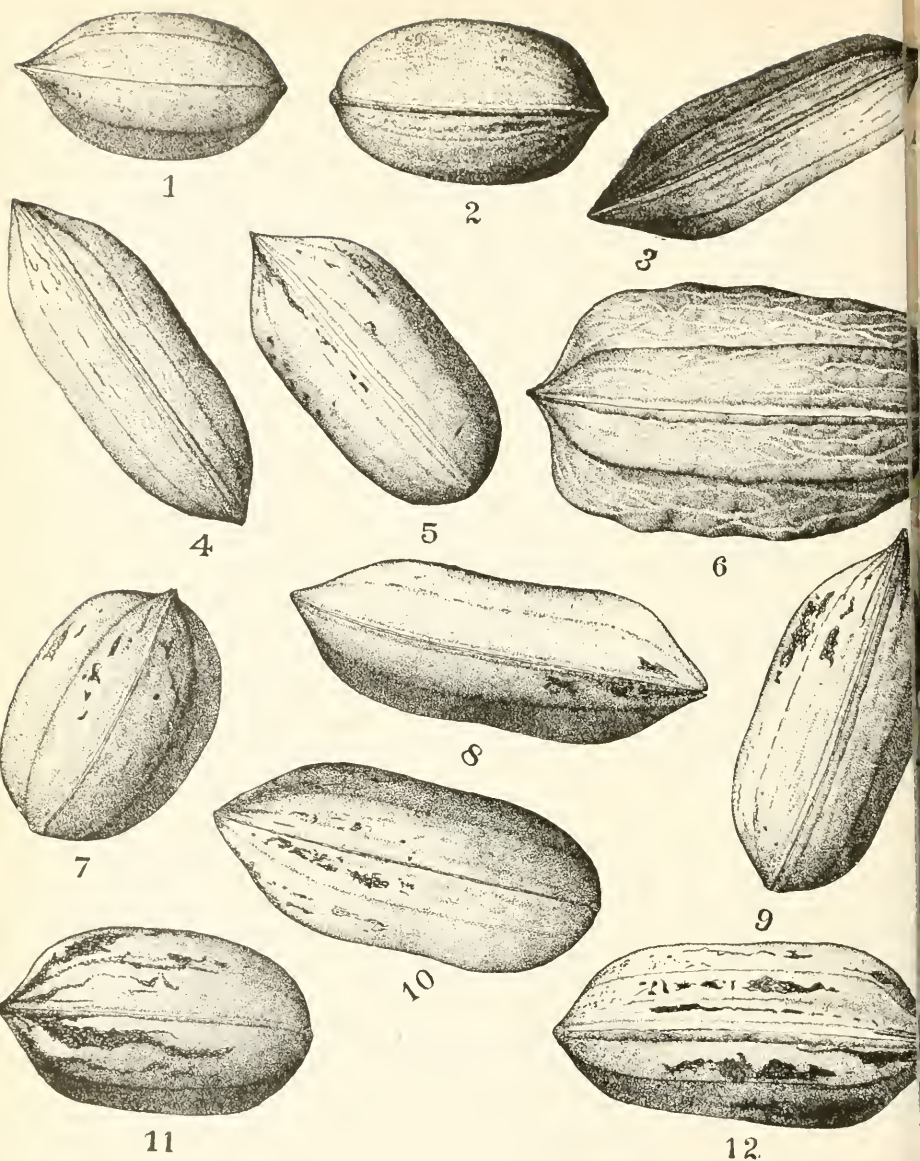
many varieties of the pecan varying in size, form, and thickness of shell: the large, long pecan, the oval pecans, and the small oval. Some of the wild varieties receive local names.

Among the cultivated sorts, the Stuart, Risien, Van Deman, Ladyfinger, Early Texas, Georgia Melon, Longfellow, and Ribera are some of the best varieties for eating. The pecan is very nutritious and in composition is very nearly the same as the walnut, to which family it belongs, and is excellent for shortening cakes, making roasts, or in mince pies.



PECANS.

VARIATIONS IN FORM OF WILD NUT.—1. Round Conical; 2. Roundish Truncate; 3. Olive-Shaped; 4. Long Conical; 5. Globular; 6. Elongated. VARYING CHARACTERISTICS IN DEHISCENCE.—7. Nut-Retaining; 8. Nut-Releasing; 9. Thick Hulled. DETERIORATION OF SEEDLINGS.—10. A Large Nut from Texas; 11. A Seedling from No. 10. NAMED VARIETIES.—12. Post; 13. Biloxi; 14. Risien; 15. Young.



PECANS.

NAMED VARIETIES.—1. Pearl; 2. Idlewild; 3. 4. Faust; 5. Frotscher; 6. McCallister; 7. Jumbo; 8. Centennial; 9. Van Deman; 10. Mammoth; 11. Stuart; 12. Jewett.

SAPUCAIA-NUT.

This is the Brazilian name of a large forest tree growing in the valley of the Amazon. Botanically it is called *Lecythis Zabucajo* and belongs to the Myrtle family. It is closely allied to the Brazil-nut, but is superior to that in flavor and digestibility. The nuts are produced in an urn-shaped capsule about six inches in diameter, having a circular lid about two inches across, which, when the nut-like seeds inside are ripe, separates from the fruit with a sharp sound giving signal to the monkeys to scramble after the falling nuts. For this reason, they are sometimes called Monkey-pots. The empty seed-vessel is often used for a pot or vase.

The nuts are packed very closely in the shell and are about one inch in diameter and two or three inches long, with a thin, brown, wrinkled, and twisted shell. The kernel is white, sweet, oily, and has a very nice flavor.

In New York these nuts are sold under the name of Paradise nuts, but this is probably a local name. These nuts are not shipped in very large quantities.



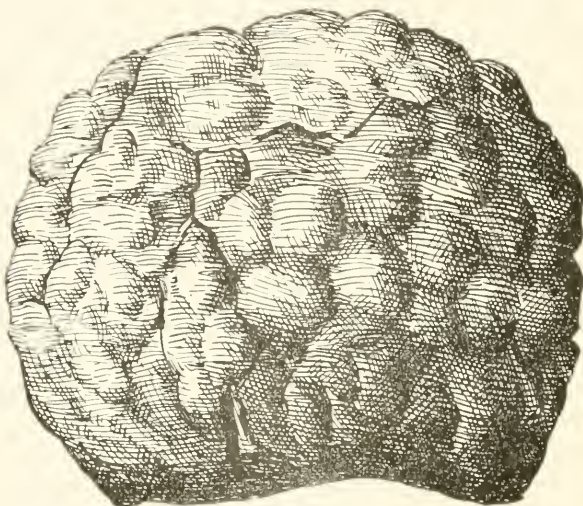
SAPUCAIA NUT.

SOUARI-NUT.

This nut is a native of British Guiana, and is the fruit of the *Coryocar Nuciferum*, a magnificent tree growing one hundred feet high, with a trunk two or three feet in diameter. Botanically it belongs to the Tea family, but the nut is very

similar to our butternut, which belongs to the Walnut family. They are sometimes called butternuts.

The leaves resemble those of the horse chestnut. The flowers are very large, and have a tube fully a foot long, of a deep purple on the outside and yellow within. It is composed of five thick, fleshy petals and is as showy as our brightest-colored magnolias.



SOURARI NUT.

The flowers are produced in terminal clusters succeeded by a fleshy fruit five or six inches in diameter. The nuts are affixed to a central axis and are of a round subreniform shape, and even flattened to an almost sharp edge on one side. The shell is of a deep brown color, embossed, as it were, with smooth tubercles. They are from two to two and one-half inches in diameter. The kernels are pure white, soft, rich, and oily, with a pleasant flavor. This nut is rarely seen in our market excepting those brought by sailors to our seaport towns.

PINE-NUT.

The botanical name for the pine is *Pinus*, and is derived from the Latin word *pix picis*, which means the tree that produces pitch. The nut-pines are those trees which produce seed large enough to be conveniently used for food. Of these there are many varieties in this country, as well as in Europe. In Southern Europe and especially in Italy and France, the seeds of the stone-pine (*Pinus Pinca*) have been extensively used as food from the earliest times down to the present day. Nearly all of the ancient authors refer to them as among the valuable products of the country.

Macrobin, in his story of the Saturnalia, speaks of the cones as *Nucis vel Poma Pinca*. These pine-nuts are called Pinoechi in Italy and Sicily, and occasionally a few reach this country, but the Italian name has been corrupted into Pinolas.

There are several species in this country bearing large, edible seeds. Of the twenty-four species of pine found on the Pacific slope and in Arizona, half of them afford seeds that are used for food by the Indians.

The *Pinus edulis* is considered the best flavored of the pine-nuts, so named by the late Dr. Engelmann, because of its large, sweet, and edible seeds. It is a small tree, growing on dry hills in Colorado and southward through New Mexico and western Texas.

In Arizona and Lower California there are two species—*Pinus Parryana* and *Pinus cembroides*, also called Piñons, which bear large nuts. And farther east and north are found the one leaf pine (*Pinus monophylla*), and although the seeds are much smaller than those of *Pinus edulis*, they were formerly gathered in immense quantities by the Indians, to help eke out their often scanty winter store of food.



MISCELLANEOUS PINES.

1. Mountain Pine; 2. Sugar Pine; 3. White-bark Pine; 4. Single-leaf Pine; 5. Parry Pine; 6. Piñon (*Pinus Edulis*); 7. Arizona Pine; 8. Vellow Pine; 9. Black Pine; 10. Torrey Pine; 11. Gray-leaf Pine; 12. Big-cone Pine; 13. A Branch of Nut Pine.

Occasionally a small quantity of pine-nuts are sent to Eastern markets, but they are not often sent unless ordered early in the season.

The pine-trees *Pinus edulis* and *Pinus Monophylla* are perfectly hardy, and worth cultivating for ointment as well as for their nuts.

The pine-nut has a rich, marrowy kernel in a shell that varies in thickness from that of a chestnut to that of a hard-shelled hazelnut. The form and size of the nuts vary greatly in different species, as may be seen on the plate. Pine-nuts are but little known to a majority of the people of the United States, though they are marketed in large quantities in some of the cities of California. Some of them are of good size for confectionary and cooking purposes, and in quality and flavor are so superior that their general introduction will doubtless make them very popular. Pine-nuts are generally harvested by Indians, whose method is to heat the cones until they open, when the nuts are easily rattled out, having been partly roasted in the process.

The nuts are smooth and white, and unlike most nuts there is no skin to remove. They are excellent for shortening, as they are very easy to prepare, perfectly white, almost tasteless, and very rich in fats.

WALNUT.

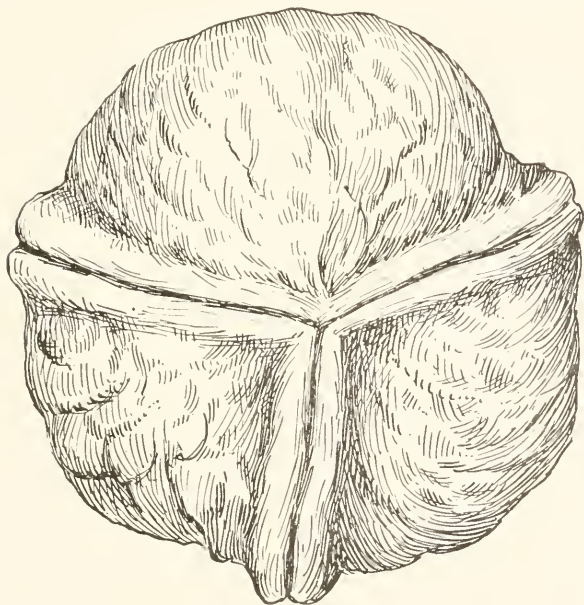
Juglans is a Latin name contracted from *Jovis glans*, meaning the "nut of Jupiter." It is said that the name was first used by Pliny, a Roman writer of the time of Pompeii.

They are medium-sized deciduous trees, having alternate pinnate leaves of from fifteen to twenty-one leaflets. The seed-pod is two to four celled, but has only one ovule or nut.



BEARING BRANCH OF ENGLISH WALNUT.

The nuts are round or oblong, with thin husks, which dry up without opening ; the shell is either rough and deeply corrugated, or quite smooth ; in some species quite thick, and in others quite thin. The kernel is two lobed and united at the apex ; it is sweet, rich, and oily.



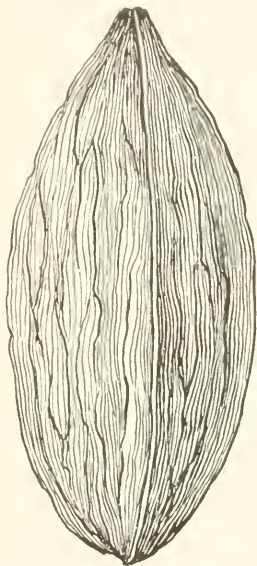
CHILE WALNUT.

The walnut of commerce is known by various names : English, French, Persian, European, and Italian ; also there are the Madeira walnut, Chile walnut, and California walnut, named from the country in which they grow.

There are many species and varieties of walnuts. The principal ones that are natives of the United States are the butternut and the black walnut. Although butternuts differ in many respects,—in the tree, shell of the nut, and even in

the flavor of the kernel,—yet it is placed by botanists with the walnuts. The nut is covered with a husk which it does not shed, but dries upon the deeply corrugated and very thick shell. The kernels are sweet and very tender, and oily, but are difficult to remove from the shell. For this reason, they are not highly esteemed. In composition, they are similar to

the walnut, but contain rather more fat, and are quite as valuable for food when once removed from the shell.



BARTHERE WALNUT.

The black walnut, botanically called *Juglans Nigra*, grows wild. The trees in many parts of the United States are large, with smooth leaflets, which are ovate, lanceolate, and serrate. The fruit is spherical in form, with hard, thick shells, deeply corrugated. The kernels come out quite hard, but in some varieties are much easier to remove than others. When removed from the shell, they sell in market for rather more than the English walnut.

Among the Oriental walnuts, or those indigenous to the Old World, there are also many varieties, as they have been cultivated and improved for so many hundred years. Many of them have been planted in the United States, especially in California, where they will soon be a paying business. The following are some of the best-known varieties:—

The Barthere Walnut.—This is a long nut, pointed at both ends, with a thin shell. The kernel is large and the flavor excellent.

The Chaberte.—This is an old standard French variety, of oval shape, medium sized, and kernels very full and rich flavored.

The Chile Walnut.—This name is given in a general way to all walnuts coming from South America. The nuts are good sized, thin, but firm shells, with plump kernels, having an excellent flavor. Many of the Chile walnuts have three valves instead of two.

The Gant Walnut.—This is a variety of remarkable size, but the kernel does not correspond to the size of the shell.

The Gibbon's Walnut.—This is a very large variety raised in France many years ago, but it is of little value, as the shell is very thick and the kernel small.



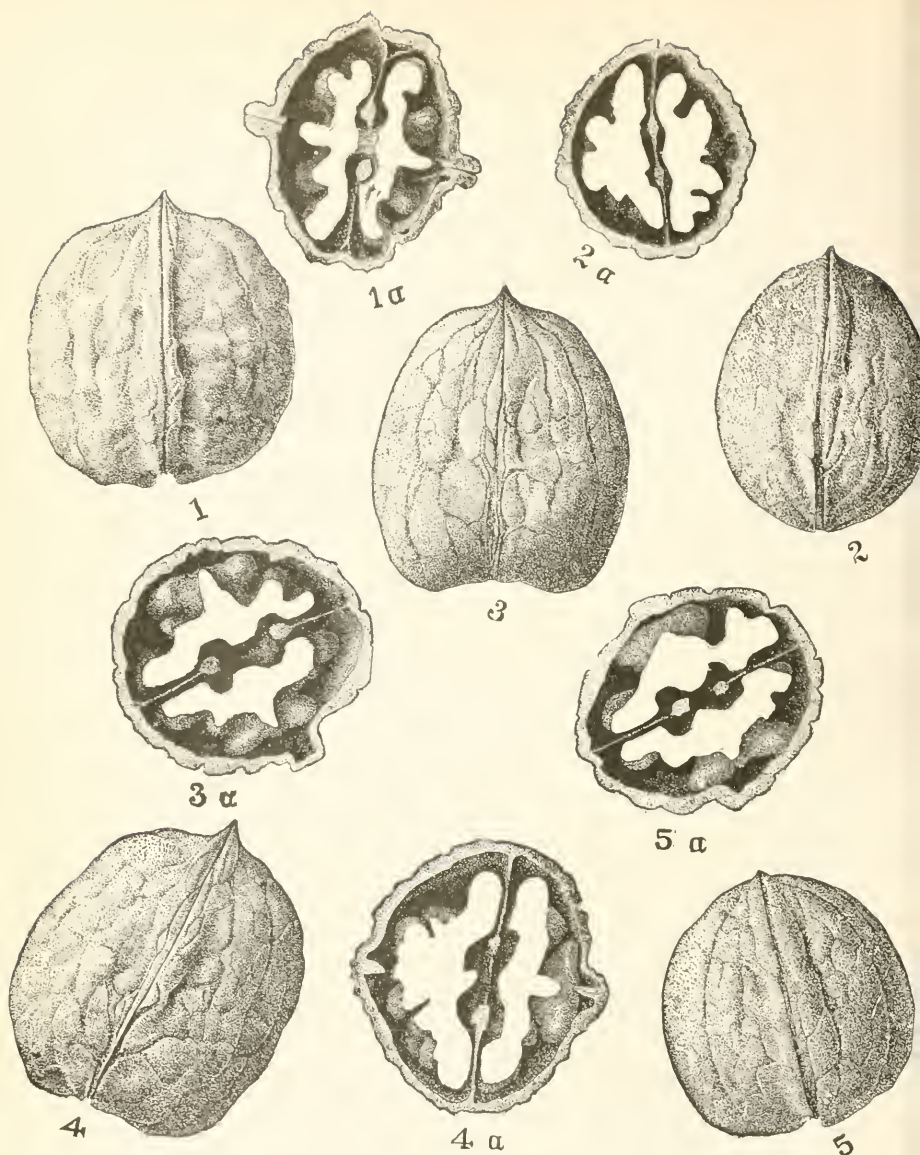
WALNUT KERNEL.

The Mayette Walnut.—A very large variety, with a light-colored shell of moderate thickness. The kernels are plump, readily extracted whole, and very sweet, with a rich, nutty flavor. This is an old standard French variety.

The Mesange or Paper-shelled Walnut.—This nut has the thinnest shell of any variety known. The kernels are plump and quite rich and oily, but they are more apt to be bad, as the shells are so easily broken; and when the kernel is exposed to the air, it readily spoils.

The Parisenne Walnut.—This variety originated in Southern France, but grows well in California. It is a large and broad variety and has a thin, but firm shell; the kernels have an excellent flavor.

The Scrotina Walnut.—This is a very popular variety, as it buds late in the spring, escaping the late frosts, and grows so rapidly that it is ripe in the fall, with the other varieties.

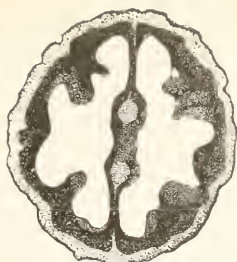


PERSIAN WALNUTS.

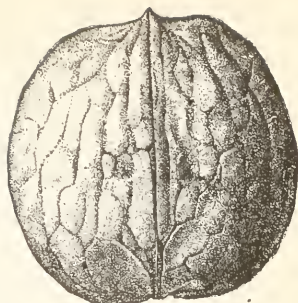
1. Mission; 1a. Section of Mission; 2. Procarturiens; 2a. Section of Procarturiens; 3. Mayelle; 3a. Section of Mayelle; 4. Franquette; 4a. Section of Franquette; 5. Chaberte; 5a. Section of Chaberte.



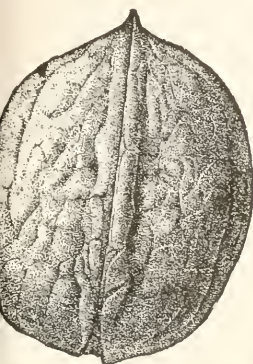
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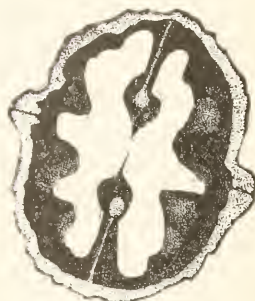
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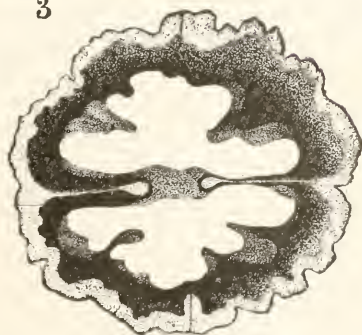
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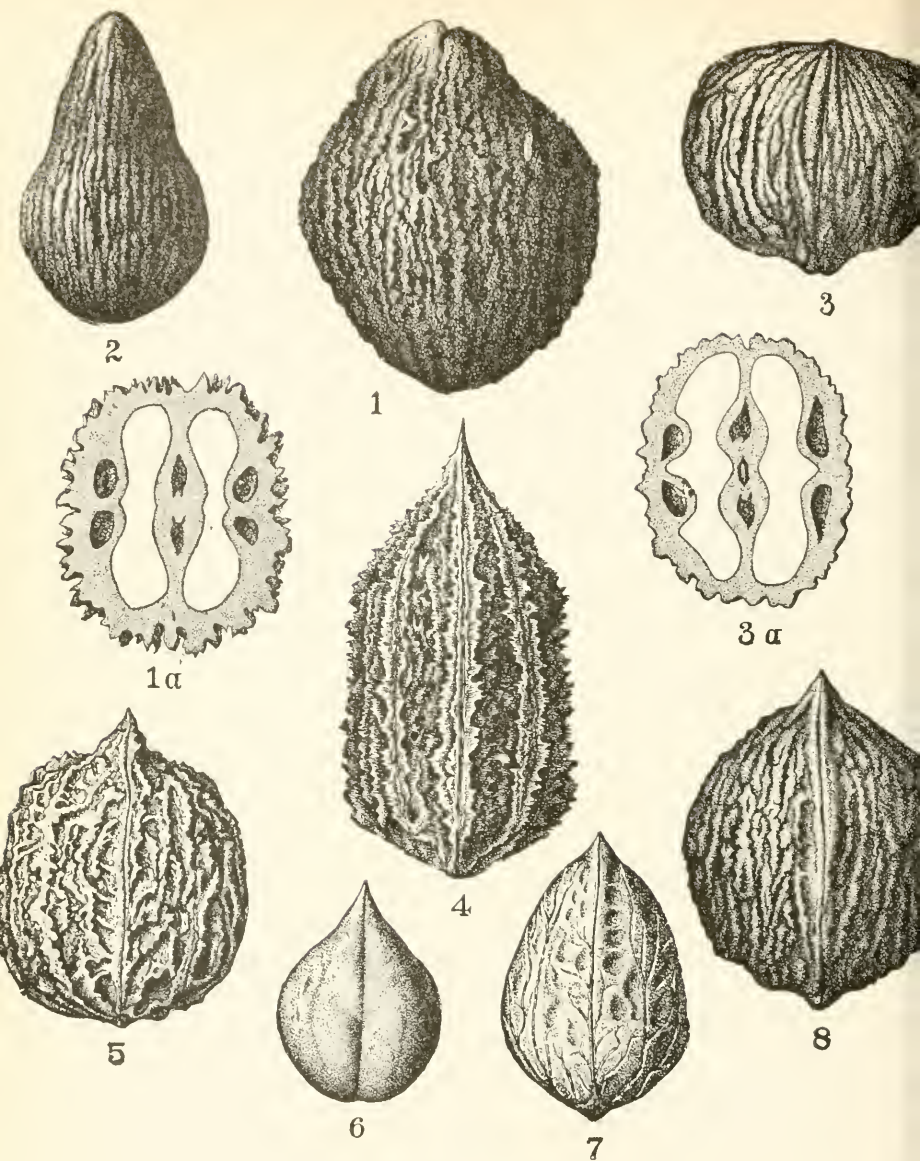
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4

PERSIAN WALNUTS.

1. Cluster; 1a. Section of Cluster; 2. Grand Noblesse; 2a. Section of Grand Noblesse; 3. Ford (soft-shelled); 3a. Section of Ford; 4. Gant; 4a. Section of Gant.



MISCELLANEOUS WALNUTS.

BLACK WALNUT (*Juglans Nigra*).—1. Taylor; 1a. Section of Taylor; 2. Peanut; 3. Mirza; 3a. Section of Mirza; 4. Specimen from S. B. Cole. JAPANESE WALNUTS.—5. *Juglans Mandshurica Maxim*; 6. *Juglans Cordiformis Maxim*; 7. *Juglans Sieboldiana*. HYBRID WALNUT.—8. Vilmorin.

It is medium sized, the shell rather hard, but the kernel is plump and well flavored.

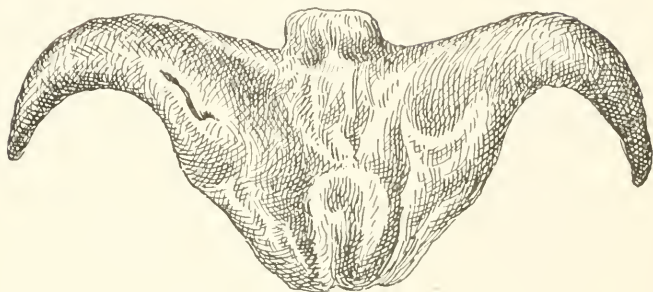
Walnuts have been raised and highly valued from very early times. Pliny informs us that the Greeks called the tree Caryon, on account of the strong scent of the foliage. It is claimed by the early writers of Europe that the emperor Vitellius introduced the walnut into Italy. When the planting of walnuts was extended into Gaul (Ancient France), they were called "Gaul nuts," which the English-speaking people corrupted into "walnuts." Walnuts in this age were highly prized and considered appropriate only for the table of the king. They believed that they possessed powerful medical properties, even curing hydrophobia; but the medical fraternity of to-day are of a different opinion. The walnut is very nutritious, both in fats and albumen, making them an excellent nut to use in the preparation of foods. They contain fifteen and eight-tenths per cent. of albuminous elements, thirteen per cent. of starch, fifty-seven and four-tenths per cent. of fats, and two per cent. of salts; making a total nutritive value of eighty-eight and two-tenths per cent.

WATER CHESTNUT.

These are also known as Water Caltrops. They are the seeds of several species of water plants of the genus *Trapa*, of the Evening Primrose family (*Onagraceæ*).

There are several species of these nuts. In Southern Europe there is a species called Jesuit nut. In China, they are called Ling, and are extensively used as an article of food. In India and Ceylon there is a nut called "Singharanut," which is closely allied to the water chestnut, and is probably a variety of the same species. Occasionally some have been imported and sold, but more for curiosities than for eating.

The seeds are of a dark-brown color, and of the form and size shown in the cut, resembling in miniature the skull of an ox, with abbreviated horns. When fresh, the kernels have an agreeable, nutty flavor.



WATER CHESTNUT.

FOODS.

FOOD is that which taken into the body forms blood, muscles, and brain.

It naturally follows that in order to have good blood and strong muscles, one must partake of good, nutritious food. That which is not converted into blood is not food, and should be left out of the bill of fare.

Pepper and spices, whisky, tobacco, and coffee are not foods,—they can not be made into blood, and therefore should never enter the stomach.

With respect to their use in the body, foods are classified into carbonaceous and nitrogenous elements. The carbonaceous elements are those which furnish heat and force, while the nitrogenous elements produce muscle and brain.

The carbonaceous foods are the starches, sugars, and fats. The system requires six or seven times as much of the carbonaceous as of the nitrogenous element. If more is taken than the system can use at the time, the surplus is stored away in the body in the form of fat.

The nitrogenous foods are first, albumen,—of which the white of an egg is the best example,—secondly, the casein found in milk and legumes, and thirdly, the gluten found in grains. Only about three ounces of nitrogenous material can be used by the system in one day, and if more is eaten, it can not, like the carbonaceous, be laid up in the system for future use, but must be disposed of in the same manner as poison, which puts extra work upon the internal organs.

It is therefore necessary that the housewife and mother should be careful that the meal contains both elements in as nearly the right proportion as possible. Too much food of either element is harmful. People are more likely to overeat than to eat too little. I have no doubt but that the majority of people would be healthier, fleshier, and have a clearer brain if they would take only two thirds of the amount which they are in the habit of eating. Rapid eating is one of the chief causes of overeating. This evil habit is so customary among Americans that it has become a proverb. The food is not masticated thoroughly, and of course can not be mixed with the saliva, and the starch, instead of being digested by the saliva, is left to ferment in the stomach. The use of condiments is another cause for overeating. The highly spiced foods so please the palate and at the same time deaden the nerves of the stomach, that they can not cry "Enough!" Plain and simple foods, prepared without spices or grease will seldom cause one to overeat. It is not the amount of food we eat that gives us strength and flesh, but the amount we digest, and a moderate meal is much easier for the stomach to digest than an immoderate one.

COMBINATIONS OF FOODS.

A PERFECT DIET.

A PERFECT diet is one which gives the most strength with the least taxation on the vital forces, and the least encouragement to intemperance.

In the beginning God gave to man a perfect diet — fruits (including nuts), grains, and vegetables. Gen. 1 : 29. And the Lord intends to bring his people back to live upon this original diet.

“We advise you to change your habit of living ; but while you do this, we caution you to move understandingly. I am acquainted with families who have changed from a meat diet to one that is impoverished. Their food is so poorly prepared that the stomach loathes it. Here is one reason why some have not been successful in their efforts to simplify their food.”— “*Healthful Living*,” *par.* 377.

In making a change from a meat to a vegetarian diet, great care should be taken to supply the table with well-cooked articles of food, that the appetite, when not perverted, may relish it. “There should not be many kinds of food at any one meal, but all meals should not be composed of the same kinds of food without variation.”— *Ibid.*, *par.* 367.

The best combinations of foods are the following : Fruits and grains ; grains, vegetables, and nuts.

It is best to have fruits and grains for breakfast, and grains, vegetables, and nuts for dinner. Grains would include not only all kinds of mushes and gruels made from grains, but

all kinds of breads,—rolls, sticks, gems, crackers, raised bread and buns, zwieback, granola, and granose. Fruits can be served in a variety of ways,—fresh, stewed, on toasts, fruit juice, and fruit sauces. Nuts may also be used with the breakfast if desired, as nuts combine very well with fruits. Then for dinner, the grains prepared in any of the various ways, with vegetables and nuts, which can be prepared in a hundred different ways, are variety enough.

The supper, if any is taken, should be very light,—a raw apple or some other fruit, or a little hot gruel or rice,—something that will digest quickly.

The general rules for food combinations are the following:—

I. Do not combine fruits with nitrogenous foods.

II. Never combine foods where the time of digestion greatly differs, for example: apples digest in two hours, boiled beets in three hours and forty-five minutes, and potatoes in three hours and thirty minutes. If these were eaten at the same meal, the apple would have to remain in the stomach for one hour and forty-five minutes after it was digested before it could leave the stomach, with the other food; and during that time, if the stomach was weak, fermentation might set in. If the stomach is healthy, the gastric juice will be strong enough to destroy all fermentation germs. For this reason, nothing seems to hurt a healthy stomach, but continued ill treatment will cause it to weaken.

BAD COMBINATIONS.

Milk and sugar, fruits and vegetables, and fruits and nitrogenous foods. “Some use milk and a large amount of sugar on mush, thinking they are carrying out health reform; but the sugar and milk combined are liable to cause

fermentation in the stomach, and are thus harmful. The free use of sugar in any form tends to clog the system and is not unfrequently a cause of disease." — "*Healthful Living*," *par.* 379.

"Mixed and complicated dishes are injurious to the health of human beings. If we would preserve the best health, we should avoid eating vegetables and fruit at the same meal." — "*Healthful Living*," *par.* 376.

TABLE OF COMBINATIONS.

| | | |
|---------------------------|---|----------------------------------|
| <i>Good Combinations.</i> | { | 1. Fruits and grains. |
| | | 2. Grains, vegetables, and nuts. |
| <i>Fair Combinations.</i> | { | 1. Fruits and nuts. |
| | | 2. Milk and fruits. |
| | | 3. Milk and vegetables. |
| <i>Bad Combinations.</i> | { | 1. Milk and sugar. |
| | | 2. Fruit and vegetables. |
| | | 3. Free fats with foods. |

NUTS: THEIR PROPERTIES AND FOOD VALUES.

NUT foods are practically a new thing among the civilized people of the world. Only a few years have elapsed since they have been used at all; but so well are they being received by all classes of people, that the time promises to be near at hand when those who desire to live healthfully, and avoid the diseases caused by meat-eating, can do so by substituting in its place pure, nutritious, and healthful nuts.

That nuts can fully take the place of meat can be proved by analysis, which shows that they actually contain more of the nutritious elements of beefsteak than beefsteak itself. The following is a comparison between the two:—

| | Albuminous Elements. | Carbona- ceous. | Total Nutriment. |
|--------------|-------------------------|--------------------|---------------------|
| Peanuts..... | 28% | 46% | 87% |
| Beef..... | 19% | 4% | 28% |

“When we feed on flesh, the juices of what we eat pass into the circulation, a feverish condition is created, because the animals are diseased, and by partaking of their flesh, we plant the seeds of disease in our own tissue and blood. Then when exposed to the changes in a malarious atmosphere, to prevailing epidemics, and contagious diseases, these are more sensibly felt, for the system is not in a condition to resist disease. The practise of eating largely of meat is causing diseases of all kinds,—cancers, tumors, scrofula, tuberculosis, and other like affections.” — “*Healthful Living*.”

Eminent physicians are being aroused by the increase of disease in the land, and health boards have been established which are doing all they can in the line of educating and enlightening the people upon these subjects, and warning them to be careful in contagious diseases that they destroy all germs by thorough disinfection. They are also more than ever cautioning the people about their water and milk supply. So much has been said about the diseases of animals in the last few years that a great many people would be glad to give up eating the flesh and using the products of animals if they could get something to fill their place. Some who have conscientiously entered into a reform on diet, rejecting flesh, animal fats, and butter, have sat down to a table so impoverished that the food upon it is scarcely sufficient in nutrition to hold the body and soul together; so they finally lose their conscientiousness in the matter and go back to meat-eating, because the old adage is true which says, "The conscience is never strengthened by an empty stomach." "Something must be prepared to take the place of meat, and these foods must be well-prepared so that meat will not be desired."—*"Healthful Living," par. 440.*

And this is just what nut foods will do, not only as far as nutrition is concerned, but they will also render food more palatable, much like the taste of meats, without having their injurious effects.

A meal composed of potatoes, beans, and rolled oats, with no other seasoning than a little salt, although it be thoroughly cooked and perfectly hygienic, and having all the elements that the body needs, would not be a palatable meal for one who has been in the habit of living upon a highly seasoned meat diet, and accustomed to having vegetables served dripping with grease, and full of pepper and salt; and there are very few who have the moral backbone to live upon a plain

diet. But if they will persevere, the appetite, which has been perverted, will become so changed that they will relish the very foods which they once loathed. This would certainly be the case if the healthful diet was persisted in long enough. But the majority must be educated away from meat, by preparing dishes that so closely resemble the taste of meat dishes that the meat will not be missed. By using nuts for seasonings, we have the fats, and to some extent the flavor, of meat, and there is no harm in using a little of the more simple seasoning, as a little salt, sage, celery, parsley, onion, vanilla, and rose-water.

A roast made of walnut or butternut meal, bread-crumbs, water, a little salt, sage, and onion juice, with perhaps the addition of some beans, peas, or lentils, would be far superior to roast beef ; and a mince pie made of pecan meal, apples, citron, raisins, and a little sugar, would fully take the place of, and be far more healthful than, a pie made of stale meats, black with spices, and seasoned with wine or brandy. A cake raised with air, shortened with nuts, and flavored with vanilla, would be better than one raised with baking-powder or soda, and oily with animal fats.

Thus one might go through the whole catalogue of foods, and make a substitute for nearly every hurtful dish, that would be healthful and at the same time palatable, by the use of nuts in some form.

It is not necessary to be confined to one kind of nut ; all of them are useful in some form. The piñon, or pine-nut, is excellent for seasoning foods, and would probably be much cheaper than peanuts in Arizona, New Mexico, southern California, and other countries where the pine-nut grows. In countries where the pecan and hickory-nut are plentiful, these can be used. They do not make quite so nice a butter to spread on the bread as the peanut or almond, but they are

equally as good in seasoning and shortening, and in cake making are far superior.

Nuts are usually described as a fruit, consisting of a kernel, or seed, enclosed in a hard, woody, or leathery shell that does not open when ripe. They are usually the fruit of shrubs or trees, but the tubers of some plants are also called nuts, on account of their resemblance to the nuts in taste, and their richness in fats.

Of all the foods which nature gives to man, the nut contains the most fats, and that in a form which is much easier of digestion than animal fats, such as lard, tallow, and butter. The reason for this is that the fats of animals are free fats, and will not mix with water, while the fats of nuts freely mix with water and form an emulsion very much resembling cream.

Fats are very essential in the system to give the body its beautiful form by filling up unsightly cavities and forming cushions.

Nuts also contain other nutritious elements, such as albumen, sugar, and salts. In fact they are one of the most nutritious foods, and *the* one that most fully takes the place of meat in the system. When the legumes and grains are used quite extensively, there is no lack in the system ; but if the diet is white bread, vegetables, and fruits, there is a lack of the nitrogenous elements ; and nuts, instead of meat, should be used to make up this deficiency. That the Creator never intended man to eat meat is clear from the fact that it was not mentioned in the original bill of fare (Gen. 1 : 29); and not until after the flood was he permitted to partake of flesh, and then, that only of certain kinds of animals. Fats and blood were strictly forbidden. "But the flesh with the life thereof, which is the blood thereof, shall ye not eat." Gen. 9 : 40. "It shall be a perpetual statute for your generations

throughout all your dwellings, that ye eat neither fat nor blood." Lev. 3 : 17. "And the Lord spake unto Moses, saying, Speak unto the children of Israel, saying, Ye shall eat no manner of fat, of ox, or of sheep, or of goat." Lev. 7 : 22, 23.

The Lord did not lay down these rules for ancient Israel and all succeeding generations to be arbitrary or to show his authority, but for the reasons given in Deut. 12 : 25 : "Thou shalt not eat it ; that it may go well with thee, and with thy children after thee, when thou shalt do that which is right in the sight of the Lord."

The fat of animals is more likely to be diseased than other portions of the body ; for it is not used in exercise as are the muscles. But the blood, which passes through the body, washing out all its poison, is undoubtedly itself the most poisonous part, and to use these poisonous substances as articles of food could work nothing but disease. The Lord, who saw all things from the beginning, foresaw the result of using such articles of food, and would save man from the consequences.

It was only on account of the hardness of men's hearts that God permitted them to eat flesh ; but in the beginning it was not so. God designed that man should live only upon the pure, healthful things of earth,—that which would best sustain and build up the brain and body of man.

The purest and most easily digested of all meats is the meat of nuts. In nutritive value, they far exceed all flesh-meats. Beefsteak, for example, has 19 per cent. of nitrogenous material and 4 per cent. of carbonaceous, total, 28 per cent. ; while the peanut has 28 per cent. of nitrogenous and 46 per cent. of carbonaceous, total 79 per cent. nutritive. That is, one pound of peanuts is equal in nutritive value to more than two and one-half pounds of beefsteak.

Nuts contain but little starch, excepting the chestnut, which has 70 per cent., and the walnut, which has 14 per cent. of starch ; but the other kinds of nuts have very little. For this reason, they are adapted to people that are suffering from hyperpepsia, who are usually unable to digest starch. For such persons a diet of nuts with digested starch, as is found in malt extract, is very beneficial. Malt can be combined with any of the nuts, either after they are made into butter or in the meal.

Nuts are more digestible if they are first emulsified, as very few can masticate them fine enough to be acted upon by the digestive juices. The question of emulsifying nuts has been practically settled in the last few years by the invention of machinery for that purpose, both for family and factory use. It is sincerely hoped and believed that the time is not far distant when nuts will fully take the place of animal flesh, fats, and products.

NUT BUTTER.

THE production of nut butter is a very simple process. The peanut and almond are the nuts that are chiefly used for this purpose; but the Brazil-nuts make a very fine butter. All of the nuts can be ground, but as they can not be blanched, they do not make a nice looking butter. The Spanish peanut has proved the most satisfactory for butter making, although some people prefer the Virginia variety. The first essential thing is to have a nut-grinding mill.

PEANUT BUTTER.

The first step is to roast the peanuts to a nice brown, being careful not to over-brown or scorch them, as too much cooking spoils the flavor. They can be roasted in an ordinary oven, but can be better done in a peanut roaster made especially for this purpose. As soon as they are roasted and cool, the skins or bran should be removed by rubbing them in the hands, or what is better, a coarse bag; or take a square piece of cloth and fold the edges together, forming a bag of it. The chaff can then be removed by the use of an ordinary fan, or by pouring from one dish to another where the wind is blowing. The process of removing the skins is called blanching. Next look them over carefully, remove all defective nuts and foreign substances, and they are ready for grinding. If a fine, oily butter is desired, adjust the mill quite closely, and place in the oven to warm. Feed the mill slowly, turn rapidly, and always use freshly roasted nuts; after they have stood a day or two they will

not grind well nor make oily butter. If the butter is kept in a cool place in a covered dish, and no moisture allowed to come in contact with it, it will keep several weeks; and if put in sealed jars or cans, will keep indefinitely.

RAW PEANUT BUTTER.

Heat the peanuts just sufficiently to remove the skins, but do not allow them to get brown; prepare them as described in a former recipe, and grind in a nut mill. Although the raw peanut butter is not as palatable as the roasted butter, it is considered more healthful and easier of digestion. It is also preferable to use in making soups and puddings, in cooking grains, and in seasoning vegetables. Food seasoned with this butter does not have that objectionable taste that the roasted peanut butter imparts; and if it is properly used, the peanut taste is almost entirely eliminated.

ALMOND BUTTER.

Almond butter is more difficult to make than peanut butter because the skins can not be so easily removed. Roasting does not loosen the skins of the almond as it does of the peanut. They have to be soaked in boiling water from two to five minutes; then the skins become loose and can be pinched off by pressing on the nut with the thumb and finger; the skin will crack and the kernel pop out. But by this process the nuts have soaked up some water and become tough. They must then be dried in the oven until quite crisp, but the oven must not be hot, or they will brown. Then run them through a loosely adjusted mill or a sausage grinder, and place on a cloth stretched over the stove until perfectly dry; then grind them in the nut-butter mill, quite tightly adjusted. This makes excellent butter if the almonds are first-class, and sweet.

BRAZIL-NUT BUTTER.

It is cheapest and best to buy the nuts already shelled, then with a sharp knife cut off all the brown, woody skin that adheres to them, and grind them through the mill. They may have to be broken up before putting in the mill. This butter is very good, but not so cheap as peanut butter, excepting in the countries where this nut grows.

PEANUT CREAM.

For making cream, the peanuts should not be roasted so much as for making butter. They should have a light straw color. Then grind them very fine, and to a tablespoonful of nut butter add $1\frac{1}{2}$ cups of water, adding a little at a time, and beating until it is smooth.

PEANUT MILK.

Make like the peanut cream, only add more water. The amount of nut butter to be used depends upon the richness of the milk desired.

RAW PEANUT MILK AND CREAM.

Put the peanuts in the oven or peanut roaster, and let them stay until they are hot, but not the least browned; the skins will then be loose enough to blanch quite easily. Pick out those that will not blanch without extra effort, and save them to roast. They can be put with raw nuts, as it will take just as long to roast them after they have been once cooled, as it will to roast those that have not been heated. Look the raw nuts over carefully, as every speck or dark spot will show in the unroasted nuts. Grind them to a meal; if they are ground until buttery and oily, it is hard to get the milk out. Then to 2 cups of the meal add 3 cups of

lukewarm or cold water ; beat well with a spoon for four or five minutes, then line an earthen pan or bowl with two thicknesses of cheese-cloth, and pour in the mixture ; fold the edges of the cloth together, and squeeze out the milk. It will look like dairy milk. The last will look quite thick, and some of the finest part of the pulp will go through, but that will do no harm as it will settle to the bottom when left to stand. The cream will also rise to the top. If the nuts are properly ground, the cream should be from one half to three fourths of an inch thick on a dish where the milk was three inches deep. It is richer than dairy cream, and can be used for all purposes for which dairy cream is used in seasonings and shortenings.

This cream diluted with water to the consistency of milk, and a very little salt and sugar added, makes a milk which tastes like, and closely resembles, dairy milk. The residue can be made into nut meal by steaming and then drying, or made into nutmeatose, sausages, etc. Raw peanuts are considered beneficial in some forms of dyspepsia. The milk, if cooked in a double boiler for two or three hours, has none of the raw taste left ; but the cream, if cooked for any length of time, becomes oily. The raw taste is not noticeable when used in cake, crisps, rolls, or pie crust. The housewife will find this recipe invaluable.

ALMOND MILK.

Dissolve 1 tablespoonful of almond butter in 1 pint of warm water, adding a little at a time.

HICKORY MILK.

Crack the hickory-nuts and pick out the kernels ; grind them through the mill, being careful not to grind them too fine or they will be oily. Then to each heaping cupful

of the nut meal add $1\frac{1}{2}$ cups of lukewarm water and beat thoroughly, rubbing the mixture against the side of the dish with the back of the spoon. Then line a large bowl with two thicknesses of clean, strong cheese-cloth, pour in the nuts, and squeeze out the milk. After the milk is taken out, the remainder can be made into sausages or gravy.

PINE-NUT MILK.

Grind the pine-nuts through the mill, and then add about $1\frac{1}{2}$ cups of water to 1 cup of the butter or meal; beat well and press all the milk through a cloth. The remainder—that is, the part that is left in the cloth—can be used in making sausages, soups, or in roasts. The milk can be used in vegetables or in making gravies, while the cream that rises on top is excellent for making crisps, rolls, cakes, and pie crust.

CHUFAS MILK.

Select good, fresh chufas, wash them well in several waters, and grind quite fine; then pour over them hot water enough to wet well, but not to make them too watery; rub well, pressing them against the dish, with the spoon, and pour into a jelly-bag made of two thicknesses of cheese-cloth. Then press with the hands to squeeze out the milk.

COCOANUT MILK.

Select a cocoanut that has milk in it, cut a hole in the eye of the nut, and let out the milk. Then break the nut with a hammer, remove the meat, and with a sharp knife peel off the hard, brown, woody coat, being careful to take as thin a peeling as possible, as the most of the oil is next to the skin. Then grate through a cocoanut-shredder, or on any grater, or grind through the mill, then for each cocoanut,

add 2 cups of boiling water, and with a tablespoon beat and work for ten or fifteen minutes. Place a clean new cheese-cloth over a large bowl, and pour the cocoanut into it. Work well with the hands, and squeeze out all the milk possible, then empty the cloth into a stew-pan, pour boiling water over it the same as before, work well again, and squeeze through the cloth the second time. You will then have all the milk that can be taken out, but the cocoanut can be cooked in water for twenty or thirty minutes and then strained, and the water used for making pie, the same as in cocoanut-pie recipe.

NUT MEAL.

PEANUT MEAL.

HEAT the nuts sufficiently to remove the skins ; but do not brown them. Blanch and look over. Boil until real tender, taking care to have them quite dry when done. Drain off all the water possible, and put them through a vegetable press, or colander. Put on tins suspended over the stove, or in a very slow oven with the door open. Do not brown the nuts—only dry them. When perfectly dry, grind through the mill loosely adjusted. If it is not fine enough, let it dry out some more, tighten the mill a little, and grind again ; and if it is desired very fine, rub through a flour sieve.

PEANUT MEAL NO. 2.

A very rich meal can be made by grinding the raw peanuts after the hulls have been removed, being careful not to get it too fine, or it will be oily. Then steam the raw meal in a steam-cooker for three or four hours. Remove from the steamer, and spread on tins to dry. When perfectly dry, grind through the mill. It will not be so light a meal as that made from boiled peanuts, but seems to be richer in fats. If this meal is ground through a tightly adjusted mill, it makes an excellent butter, and can be eaten by those who can not assimilate the roasted peanut butter.

ALMOND MEAL.

Blanch the almonds the same as directed for making almond butter. Then dry them in the oven or where it is real warm, taking care not to scorch. When very dry, chop fine by putting through a meat-chopper or mill; return to the oven, and dry very slowly and thoroughly. When cold, grind through the meat-chopper again or through a loosely adjusted nut-butter mill.

PINE-NUT MEAL.

This is the easiest of all meals to make, as the nuts need no hulling or drying before grinding. All that is necessary is to grind them through the nut-butter mill, being careful not to grind fine enough to make them oily; or they may be crushed with a bottle on a plate or platter. They are very tender, and can be easily crushed between the fingers.

WALNUT MEAL.

The walnut is rather oily, and if ground through the nut-butter mill is likely to become oily, unless the mill is quite loosely adjusted. They make better meal if run through a meat-chopper. For ordinary purposes they can be chopped with the skins on; but if desired, the skins may be removed by placing the walnut kernels in the oven for a few minutes until they become hot. When cold, the skins may be easily rubbed off, and then chopped or ground.

FILBERT MEAL.

The filbert kernel is quite hard, and can be reduced to a meal only by grinding through a nut-butter mill, or a meat-chopper that cuts very fine. The skins may be removed by heating the kernels in the oven until they are very hot but

not roasted. Remove from the oven, and when cool, rub between the hands or on a blanching sieve, and the skins will come off. Grind through the nut-butter mill.

BUTTERNUT MEAL.

Crack the nuts on the end, and remove as whole as possible. Place in a hot oven for a few minutes until they become hot, then cool them, and the skins will rub off easily. Chop through a meat-chopper or crush fine with a glass rolling-pin on a marble slab. If a marble slab and glass rolling-pin are not at hand, use a large plate or platter and a round bottle. They may be used without removing the skins, and are just as well for cake, as the skins give it a spicy flavor.

HICKORY, PECAN, AND OTHER NUTS

Can be made into meal the same as walnuts. They are usually used with the skins on, as they are quite difficult to remove.

SAUSAGES.

HICKORY-NUT SAUSAGE.

TO 1 cup of hickory-nut meal, add 1 egg, a pinch each of salt and sage, and 2 teaspoonfuls of gluten. Mix well, adding the well-beaten egg the last, form into round cakes with the hands, and bake until brown. Serve hot on a platter, with a hickory-nut gravy poured over. This can be made from what is left after the milk has been extracted, but less gluten will be required.

PEANUT SAUSAGES.

Take 1 tablespoonful peanut butter, 3 tablespoonfuls gluten or dry bread-crumbs, a little salt, sage, and parsley. The parsley should be minced very fine. Dissolve the nut butter in 2 tablespoonfuls of water, add the gluten, sage, salt, and parsley, mix well together, and form into small cakes with the hands. Place on an oiled tin, and bake in the oven, or cook on top of the stove; cook on both sides. When done, place in a platter and pour over them Peanut Gravy No. 1. (See Index.)

PINE-NUT SAUSAGES.

Take 4 tablespoonfuls of finely ground zwieola, 2 tablespoonfuls of pine-nut meal, $\frac{1}{2}$ cup water, a little sage, celery, and salt. Pour the water on the zwieola, and let it soak for ten or fifteen minutes; then add the other ingredients and mix well; if too dry, add more water, but be careful and have it as dry as can be handled well; form with the hands

into small cakes, and bake on oiled tins. When done, place in a platter, and pour over them the following gravy :—

Take 1 cup boiling water, 1 tablespoonful pine-nut meal, and 1 tablespoonful white flour rubbed smooth in a little cold water.

Stir the flour into the hot water, add the meal and salt, and a little grated onion, let it boil for a few minutes, and pour over the sausage.

FILBERT SAUSAGE.

Take 4 tablespoonfuls zwieola and soak in $\frac{3}{4}$ cup of cold water for a few minutes, then add 2 tablespoonfuls of filbert meal, a pinch of sifted sage, 1 teaspoonful of grated onion, salt to taste; mix well, and if too dry, add a little more water, but as little as possible and have it stick together. Make into small cakes with the hands, place on an oiled tin, and bake in the oven or cook on top of the stove, and turn over when brown on one side. When done, place on a platter, and pour over them a gravy made of filbert meal as follows :—

Take 1 cup water, 1 heaping tablespoonful filbert meal, and 1 tablespoonful white flour, a little grated onion, and a little salt.

Heat the water to boiling; dissolve the meal in a little warm water, put in the flour and salt, and rub it smooth, then stir all into the boiling water, and cook for a few minutes.

PECAN SAUSAGE.

Take 3 tablespoonfuls of finely ground zwieola and soak in $\frac{1}{2}$ cup water until quite soft, but not mushy; then add 2 small tablespoonfuls of pecan meal, a pinch of sage, and a little grated onion; salt to taste. Mix all together and form

into round pancakes about one-half inch thick. The mixture should be as thick as can be handled conveniently. Put them on oiled tins, and bake in the oven or on top of the stove until nicely browned on both sides. Place in a platter and pour over them a gravy made of pecans. (See Pecan Gravy.)

NUT OIL.

NUT OIL NO. 1.

PREPARE cocoanut the same as for making cocoanut cream ; then grind it through a nut-butter mill until it is quite fine. To 1 cup of this add 5 or 6 cups of water, and boil in a kettle for an hour ; then set in a cool place, and the oil will rise to the top, and will become hard like tallow if the temperature is not higher than fifty degrees above zero. The sediment will settle to the bottom, leaving the oil white and clear, retaining a delicate cocoanut flavor.

NUT OIL NO. 2.

Take 2 cups of medium-brown peanut butter ; add to it 1 scant cup of malt extract ; mix well, and knead like bread until it is very oily ; then grind it through the nut-butter mill, and squeeze out what oil you can with the hands, and grind it through the mill the second time. Squeeze again thoroughly. This ought easily to make one cup of oil.

The remainder can be used in making malt food. (See directions for making malt food.)

Oil can be extracted from butter made from other nuts by the foregoing method.

If there is any sediment or particles of the nuts in the oil, let it stand, and they will settle, when the top can be poured off, and will be clear, nice oil.

NUT OIL NO. 3.

Take 2 cups of peanut butter, or the butter made from any nuts ; add to it 1 cup of scrghum (or any thick) molasses ; mix and knead until it is very oily, and finish the same as Nut Oil No. 2.

NUT OIL NO. 4.

When making fruttosia, the sweetness of the fruit will start the oil, and after it is ground through the mill, some of the oil may be pressed out, and the food will then be rich enough. In an ordinary family this will furnish oil enough for oiling pans, etc.

NUTMEATOSE, NUTORA, ETC.

IN order to have these foods a perfect success, care must be taken to have them well cooked. They are better if cooked in sealed cans, and under a high pressure of steam, as they will then be quite solid, and can be stewed without crumbling. The higher temperature used, and the longer they are cooked, the more solid the foods will be, and less starch and other ingredients will be required with the nuts. When it can be afforded, we advise getting a good steam-cooker, as better results can be obtained. The Ideal steam-cooker can not be too highly recommended. But they are very good if cooked in a common baking-powder can ; or any can or pail will do which has straight sides and a tight cover, with an opening the full size of the can, so when the food is cold it can be easily taken out of the can. These foods may be cooked in a bag made of thick, firm white muslin, which should be well scalded before using, and when filled, tied with a stout twine.

An economical way of obtaining sealed cans is to unsolder all the fruit and vegetable cans which you may purchase of your grocer,—unsoldering the little cap which covers the opening. This can be done with any hot iron. After the cans are cleansed, and filled with the nut mixture, the little cap can be soldered on again. Cans can not be used but once this way ; but the contents will keep well if thoroughly cooked.

If an ordinary steamer is used, more time will be required for cooking, as it is not possible to get the ordinary steamer

so tight but that some of the steam will escape. If these foods are to be kept for any length of time, they must be put into sealed cans, and cooked for about five hours.

They can be cooked in a double boiler, also in a covered kettle of water ; if the can or pail is not sealed, too much water should not be used. The cover of the dish should be tied on or weighted, and the water should not be deep enough to cover the dish.

For those who desire a change, there is a wide field open before them ; by using different kinds of nuts, and combining them with all the different kinds of grains, vegetables, and seasonings, hundreds of various foods can be made. A little effort and experience is all that is necessary.

NUTORA OF PEANUTS.

Take 2 cups of raw nut butter or nut meal, add 1 cup of water, and salt to taste ; beat with an egg beater for five minutes or more, then put into cans, and cook three or four hours. If 1 cup more of water and 1 cup of corn-starch are added, it will not be so rich and oily.

PEANUTS AND STARCH NUTORA.

Take 2 cups of raw nut butter, 1 cup of water, salt to taste ; add 4 heaping tablespoonfuls of corn-starch. Dissolve the starch in the water, and add the other ingredients ; mix thoroughly, and beat well with a spoon for several minutes, then place in cans, and cook in a steam-cooker or steamer for three or four hours.

The corn-starch makes it more solid.

NUTORA WITH PEANUTS AND EGGS.

Take 2 cups of raw peanut butter, 1 cup of water, the white of 1 egg, and salt to taste. Add the water to the butter, a little at a time, until it is smooth. It should be thin enough to beat with an egg beater; if it is not, add more water, and beat for five minutes. Then take the white of 1 egg, and beat to a stiff froth; add it to the nut butter, and beat again for a few minutes; put it in cans, and cook for three hours.

PEANUT AND ALMOND NUTORA.

Take 1 cup of almond butter, made from good, sweet almonds, 2 cups of raw peanut butter, salt to taste, and $1\frac{1}{2}$ cups of water, or enough so it can be beaten, but it must be as stiff as possible. When thoroughly mixed, beat with an egg beater for five minutes or longer, and cook in cans for three hours or longer. This makes it very rich; if it is not desired so rich, add $1\frac{1}{2}$ cups more of water and $1\frac{1}{2}$ cups of corn-starch.

PEANUT AND PINE-NUT NUTORA.

Take 2 cups of raw peanut butter, 1 cup of pine-nut butter, 3 cups of water, and salt to taste. Dissolve the butter with the water, adding a little at a time; then add salt to suit the taste, and beat with an egg beater for a few minutes; place in cans, and cook in the steamer for three or four hours. If the cans are sealed, they can be cooked in a kettle of water. If you desire it to be thick and firm like cheese, a little corn-starch or flour can be added—about 6 tablespoonfuls.

PINE-NUT NUTORA NO. 1.

Take 1 cup of ground pine-nuts, 1 cup of beans or peas, 1 cup of water, salt to taste. Add the water, nut meal, and salt, and beat with an egg beater for five minutes or longer. Then add the peas or beans, mix thoroughly, put into cans, and cook for two hours or longer.

PINE-NUT NUTORA NO. 2.

Take 1 cup of roasted pine-nut butter, 1 cup of raw pea-nut butter, 2 cups of water, 1 cup of corn-starch, or white flour. Dissolve the starch in a little of the water, pour it on the butter, and as soon as it is worked in, add the rest of the water, a little at a time, until all is smooth; add the salt, beat for a few minutes, and put into cans; this can be cooked in common baking-powder cans, but it will keep only a few days. If cooked in sealed cans for five hours, it will keep for any length of time before it is opened; after opening, it will spoil in a few days, unless kept very cold. This is a very good substitute for meat; the roasted pine-nuts give it a meaty flavor.

PINE-NUT NUTORA NO. 3.

Take 2 cups of roasted pine-nut butter, 2 cups of water, 1 cup of corn-starch or white flour, 2 teaspoonfuls of salt. Add the corn-starch and salt to the butter, and dissolve in a little water, adding a little at a time; beat for five minutes, and cook in cans, or it may be cooked in a bag made of good, thick muslin. If the nutora is for making hash, or cooking, it is best to be made real solid, then do not give much room for swelling. Tie the bag tight, and steam, or it may be boiled if desired. It will not need to cook more than an hour. When done, rip the bag open, roll the contents,

which should be solid, on a tin, brush with nut cream, and set in the oven to brown; serve hot or cold. This tastes almost like meat.

ALMOND NUTORA NO. 1.

Take some good sweet almonds,—if any bitter almonds are used, it spoils the flavor,—blanch them, and put them in the oven to roast to a nice straw color. When perfectly cold, grind through a nut-butter mill. Take 1 cup of this roasted almond butter, 2 cups of water, 1 cup of raw peanut butter, 1 cup of corn-starch or white flour, and 2 teaspoonfuls of salt. Dissolve the butter and starch in the water, and add the other ingredients; then beat for five minutes, pour into cans, and steam for four hours. This has a nice meaty flavor.

ALMOND NUTORA NO. 2.

Take 2 cups of almond butter made from the roasted almonds, 2 cups of water, $2\frac{1}{2}$ teaspoonfuls of salt, 1 cup of corn-starch. Mix all the ingredients thoroughly, and cook in cans or in a bag for two hours. The roasting of the nuts gives it a more meaty flavor, and is very good.

ONION NUTORA.

Take 2 cups of raw peanut butter, 2 tablespoonfuls of grated onions, 2 cups of water, 2 teaspoonfuls of salt, and 1 cup of corn-starch. Dissolve the butter and starch with the water, add the other ingredients, and beat thoroughly. Pour into tin cans, and cook for three hours.

TOMATO NUTORA.

Take 2 cups of raw peanut butter, 1 cup of corn-starch or flour, 2 cups of tomato juice, 2 teaspoonfuls of salt. Dissolve the butter and starch in the tomato juice, add the salt,

and beat for five minutes. Then pour into cans, and steam for four or five hours.

The tomato gives the nutora a nice salmon color, as well as an excellent flavor. It is very good to use in making mock salmon salad, etc.

PECAN NUTORA.

Take 1 cup of pecan butter, $1\frac{1}{4}$ cups of raw peanut butter, 2 cups of water, 2 teaspoonfuls of salt, 1 cup of corn-starch or flour. Add the salt to the water, and dissolve the starch and butter in the water, adding a little water at a time to keep it from getting lumpy. Beat for five minutes, and pour into cans. Steam for four or five minutes.

PRUNE NUTORA.

Cook the prunes until they are tender and quite dry. Rub them through a colander ; to 1 cup of sifted prunes add 1 cup of raw peanut butter, $1\frac{1}{2}$ cups of water, 1 cup of corn-starch, a little salt and sugar to suit the taste. Mix the ingredients by first dissolving the butter and starch in the water, and adding the rest. Beat for five minutes, and steam in cans for three hours.

BANANA NUTORA.

Take good, ripe bananas, peel them, and mash with a silver fork. Then to 2 cups of the mashed bananas, add 1 cup of raw peanut butter, 1 cup of water, $\frac{1}{2}$ cup of sugar, $\frac{1}{2}$ cup of corn-starch, and a little salt. Mix all together well, and beat for five or ten minutes. Pour into cans, and steam for three hours.

This changes its color if exposed to the air for any great length of time. Therefore keep it well covered until needed.

NUT CHEESE.

Take 1 cup of nut butter, 2 cups of water, $\frac{1}{2}$ cup of flour (Pillsbury's or Gold Medal). Rub the butter perfectly smooth by adding the water slowly, then add the flour, and lastly the salt. Pour into tin cans with a tight-fitting cover, and steam in a steam-cooker or in a kettle of water with something in the bottom of the kettle to set them on. Cook from two to three hours. This can be varied by adding sage, celery salt, or caraway seed ground fine.

NUTMEATO.

NUTMEATO NO. 1.

TAKE $2\frac{1}{2}$ cups of strong coffee made from cereal coffee, 2 cups of nut butter, 1 cup of corn-starch, and 1 teaspoonful of salt. Combine the ingredients by mixing the corn-starch, butter, and salt first ; then put in the coffee by adding a little at a time, and mixing until smooth. Put into a can or dish with tight-fitting cover, and cook in a closed steamer or kettle for from three to five hours. Sealed cans give better results, and may be used if desired. The contents of the cans will be firm, and when cool, may be cut into slices and served as cheese or meat. Use lentil dressing as a gravy with the nutmeato.

NUTMEATO NO. 2.

Take 1 cup of nut butter, 1 cup of strained stewed tomatoes, $\frac{1}{2}$ cup of water, $\frac{1}{2}$ cup of corn-starch or browned flour, and salt to suit the taste. Proceed as in No. 1.

NUTMEATO NO. 3.

Take 2 cups of nut butter, $1\frac{1}{2}$ cups of water, 3 tablespoonfuls of corn-starch, $\frac{3}{4}$ teaspoonful of sage, and 1 teaspoonful of salt. Prepare the same as the other recipes.

NUTMEATO NO. 4.

Take 2 cups of butter, 2 cups of water, 1 cup of cooked navy or lima beans, rubbed through a colander, 2 tablespoonfuls of corn-starch, and 1 level teaspoonful of salt. Cook as directed in the above recipes.

NUTMEATO NO. 5.

Take 2 cups of nut butter, 2 cups of water, whites of 4 eggs, and 1 teaspoonful of salt. Cook as in the former recipes.

NUTMEATO NO. 6.

It is a recognized fact that nut butter when once emulsified for the table will not "keep over," but is likely to ferment unless the temperature is low. However, no waste need occur, for it may be so preserved as to be ready for use in the preparation of palatable dishes by the following methods: Add to it three times as much water as has already been used, and stir in enough white flour to make it of the consistency of rich cream. Put in a baking dish broad enough so the cream will not be more than two inches deep, and bake until quite firm. It is good to use for sandwiches, sliced as cold meat, and in other recipes.

NUTMEATO ROAST NO 1.

Take 1 pint of zwieola or toasted bread-crumbs, 1 pint of water, $\frac{1}{2}$ pint of strained tomatoes, and $\frac{1}{2}$ pound of nutmeato, made fine by being put through a colander or meat-chopper. Flavor with finely sifted sage. Mix all thoroughly together, add salt to taste, and bake in shallow pans until brown.

NUTMEATO ROAST NO. 2.

Cut 1 pound of nutmeatose into pieces, and boil until very tender; then drain and mash. To 2 cups of zwieola, add the water in which the nutmeatose has been boiled, and enough more hot water to make the zwieola of the consistency of mush. Season to suit taste with salt and sage. Add this to the mashed nutmeatose, mixing well; put into an oiled

pudding dish and bake for about an hour. Slice and serve either warm or cold. Toasted bread-crumbs may be used instead of zwieola.

MOCK NUTMEATO ROAST.

Boil 2 cups of lentils for several hours. Run through a colander. Grind 1 cup of roasted peanuts, and add them to the lentils. To 2 cups zwieola or toasted bread-crumbs, add sufficient hot water to make it of the consistency of mush. Season to suit taste with salt and sage. Mix all the ingredients, place in an oiled pudding dish, bake, and serve same as nutmeato roast. Beans may be substituted for lentils if the latter can not be obtained.

NUTMEATO HASH.

Chop together 3 parts cold baked potatoes, 1 part nutmeato, and 1 part tomatoes until thoroughly mixed. Flavor with finely sifted sage, if desired, and season with salt. Bake till brown. Leave out tomatoes if preferred.

NUTMEATO STEW.

Cut nutmeato into small cubes, place in the inner part of a double cooker, cover well with water, and cook two or three hours. Just before serving, thicken the liquid with browned flour, and season with salt. Strained tomatoes may be used instead of water, and are preferred by many. Prolonged cooking produces the best results.

NUTMEATO AND POTATO STEW.

Stew together 2 parts potatoes, coarsely and irregularly cut, and 1 part nutmeato cut into cubes, until potatoes are done. It may be flavored with celery or onions, which

should be added just long enough before the stew is cooked to extract the flavor. Salt just before it is done. Strained tomatoes may be used instead of water if preferred.

NUTMEATO GRAVY.

In 1 quart of boiling salted water put nearly 1 pint of cubes cut from nutmeato. In fifteen or twenty minutes thicken with browned or plain flour.

RICE WITH NUTMEATO.

Cook rice in boiling salted water, having it of the consistency desired. Cut a portion of nutmeato into cubes, and distribute it evenly through the rice. Cook slowly and stew without stirring again.

MACARONI WITH NUTMEATO.

Break macaroni into inch lengths and drop gradually into just enough boiling salted water so that it will be of the right consistency to serve. Cut nutmeato into cubes or slices and stir them in when the macaroni begins to be tender. Care must be taken that the macaroni does not burn or fasten to the bottom.

BAKED NUTMEATO HASH.

Take 2 cups of chopped cold boiled potatoes, 1 of chopped nutmeato, and 1 grated onion ; salt to taste. Put in an oiled baking dish, and add 1 tablespoonful of water, and bake one-half hour in moderate oven. The above may be flavored with celery salt if desired.

NUTMEATO STEAK.

Take nutmeato that has been cooked in cans about three inches in diameter. Remove from can by cutting around edge of the can, and pressing on the bottom, cut off into slices

one-half inch thick, being careful not to break in pieces. Place on tins and toast in the oven. When toasted, place on meat platter, and pour over it a nut gravy made according to recipe No. 1.

NUTGRANO NO. 1.

Take 2 cups of oatmeal, or chopped oats, 1 cup of raw peanut butter, salt to suit the taste, and 3 cups of hot water. Mix well, adding a little water at a time, until it is all smooth. Beat for a few minutes, and cook in cans the same as nutmeatose for four or five hours.

This can be spread on the bread, and makes a fine substitute for butter.

If the water is set on the stove and the grains stirred in and allowed to thicken some before the other ingredients are added, it will not be so liable to settle to the bottom in cooking.

NUTGRANO NO. 2.

Take 3 cups of pearl barley, 1 cup of roasted pine-nut butter, 8 cups of water, and 2 teaspoonfuls of salt. Roast the pine-nuts by baking them in the oven until they are of a light-brown color. When they are cold, grind them to a butter, using 1 cupful of it. Add the other ingredients; mix and cook in cans in a steam-cooker for five hours.

It is best to cook the barley in the water for a few minutes before adding the other ingredients. This will prevent it from settling to the bottom.

NUTGRANO NO. 3.

Take 2 cups of white corn-meal (the yellow will do), 1 cup of roasted almond butter, made by roasting the blanched almonds in the oven until they are of a straw color, and when

cold, grinding them to a butter, adding 2 teaspoonfuls of salt. Mix all thoroughly with 5 cups of water, and cook like the foregoing recipe.

NUTGRANO NO. 4.

Make like the above, only use 2 cups of wheaten grits instead of corn-meal, and use only $4\frac{1}{2}$ cups of hot water. Cook the grits in the water for a few minutes before adding the rest.

NUTGRANO NO. 5.

Take 2 cups of crystal wheat, 1 cup of roasted pine-nut butter, 8 cups of water, and salt to taste. Mix, and cook in cans for four or five hours. First cook the grain with the water for a few minutes.

NUTGRANO NO. 6.

Take 3 cups of rolled oats, 1 cup of almond meal, $3\frac{1}{2}$ cups of water, and 1 teaspoonful of salt. Mix well, and cook like the preceding recipes.

NUTGRANO NO. 7.

Take 2 cups of farina, $1\frac{1}{2}$ cups of pecan meal, $8\frac{1}{2}$ cups of water, and 2 teaspoonfuls of salt. Mix well, and cook like preceding recipes.

NUTGRANO NO. 8.

Take 2 cups of wheaten grits, 1 cup of raw peanut butter, 4 cups of water, and salt to taste. Mix well and cook like the above.

NUTGRANO NO. 9.

Take 2 cups of zwieola, 2 cups of roasted peanut butter, 6 cups of water, and salt to taste. Mix all well and cook like the other recipes.

By combining different nuts with different grains many kinds of nutgrano may be made.

NUTGRANO NO. 10.

Take 1 cup of roasted peanut butter, $1\frac{1}{2}$ cups of granose, and $1\frac{3}{4}$ cups of water, salt to taste. Take granose flakes, and heat them in the oven, and rub with the hands until quite fine. Stir $1\frac{1}{2}$ cups of this into the butter, which has been diluted with the water, add the salt, and sage if desired. Put into cans and cook the same as in the above recipes.

The above can also be made with raw peanut butter by using 2 cups of water.

NUTMEATOSE NO. 1.

Take 2 cups of peanut butter, $2\frac{1}{2}$ cups of water, 3 tablespoonfuls of No. 3 gluten, and 1 teaspoonful of salt. Mix all the ingredients together very thoroughly, and cook in cans. (Sealed cans are preferable.) Cook from three to five hours.

NUTMEATOSE NO. 2.

Make like the foregoing recipe, and add 2 heaping teaspoonfuls of ground sage, or 1 small white onion grated fine. Both onion and sage may be added if desired.

NUTMEATOSE NO. 3.

Take 1 cup of nut butter, 1 cup of sifted red kidney beans, $1\frac{1}{2}$ cups of water, 2 tablespoonfuls of corn-starch, and 1 teaspoonful of salt. Cook the beans until tender, and rub them through a colander. To 1 cup of this sifted pulp add the other ingredients; mix thoroughly, and cook like the preceding recipe.

NUTMEATOSE NO. 4.

Take 1 cup of nut butter, 1 cup of sifted Scotch peas, $1\frac{1}{2}$ cups of water, two tablespoonfuls of corn-starch, and 1 teaspoonful of salt.

First cook the peas as directed elsewhere, then sift through a colander, and use 1 cup after they are sifted ; add the other ingredients, and cook the same as in Nutmeatose No. 1.

NUTMEATOSE NO. 5.

Make like the preceding recipe, only use 1 cup of sifted lentils in the place of the Scotch peas.

NUTMEATOSE NO. 6.

Make like recipe No. 4, only use 1 cup of cooked split peas in the place of the Scotch peas, and leave out the starch.

NUTMEATOSE NO. 7.

Take 2 cups of chestnut meal, made by first removing them from the shell, then blanching them by pouring on boiling water and letting them stand a few minutes in it, and then grinding in a meat-chopper, or they may be dried and ground in a hand grist-mill or coffee-mill. To this add 1 cup of raw peanut butter, 2 cups of water, and salt to taste. Mix well, and cook as in Nutmeatose No. 1.

FRUTOSE.

Take $\frac{1}{2}$ cup peanut butter, $\frac{1}{2}$ cup of almond butter, and 1 dozen medium-sized bananas. Peel the bananas, and mash them through a vegetable press, or mash with a silver fork. Then add the nut butter, and beat until well mixed and smooth. Pour into cans with tight cover, or what is better,

into tin cans and seal them; then cook in steam-cooker for two or three hours. When done, it will be thick, so it can be cut into slices like nutmeato or cheese. If desired, a little sugar may be added, but it is very palatable without it.

FRUITOSIA.

Take $\frac{1}{2}$ cup peanut butter, $\frac{1}{4}$ cup of almond meal, $\frac{1}{4}$ cup of walnut meal, or the same of filbert meal, 1 cup of ground figs, 1 cup of chopped dates, $\frac{1}{2}$ cup of white seedless raisins, ground. Look over the raisins, wash and dry again, then grind them through the nut mill or meat-chopper, or chop in a bowl. Do the same with the dates. Wash the figs; then dry, and grind through the nut mill. Have the mill quite tightly adjusted and it will grind the seeds up fine. Then add the nut butter and nut meal, which should be made first. Mix all together thoroughly, and grind through the mill a second time.

FRUITOSIA NO. 2.

Take 1 cup of peanut meal, and add $\frac{1}{4}$ cup of ground prunes. Mix very thoroughly, and grind through the mill. Press into a square tin, and cut into caramels; if desired, they may be wrapped in oiled paper.

FRUITOSIA NO. 3.

Take 1 pound of dried pears, and $\frac{1}{2}$ pound of fine nut meal of any nut, or a mixture of the meal of different nuts; $\frac{1}{4}$ pound of almond meal and $\frac{1}{4}$ pound of pine-nut meal makes a very nice compound.

Select nice dried pears; wash, and dry by placing in a warm place. When perfectly dry, grind them through the mill, mix with the nut-meal, and grind again. It is then ready to press into square tins, and cut into caramels.

FRUITOSIA NO. 4.

Select good evaporated peaches or apricots, wash well, and place on tins in a warm oven until perfectly dry. Then grind through a nut mill, mix with the fruit an equal quantity of peanut meal, and grind through the mill a second time. Press into square tins and cut into caramels.

Other dried fruit may be used in the same way, but fresh fruits can not be used, as the water in the fruit will cause the nuts to spoil in a very few days.

BUTTER FOR TABLE.

Put one half the amount of butter required for a meal into a bowl, and dilute with an equal quantity of water, adding a little at a time, and beating it thoroughly with a fork until it is perfectly smooth and light. An egg beater, wire potato-masher, or whip are excellent utensils for this purpose. Enough water should be used to make it of the proper consistency to spread nicely. A little salt can be added if desired, or the salt may be sprinkled on after it is spread upon the bread.

Some prefer to use it without the addition of water ; but in this form it is quite sticky, and adheres to the mouth, and has a strong peanut taste.

By using the water these objections are removed, and a sweet, savory taste is imparted.

If any is left, it should be kept in a cool place, as it spoils easily after water has been added.

ROAST GOOSE.

Take 6 tablespoonfuls of zwieola, pour over it $2\frac{1}{2}$ cups of water, and let it soak for fifteen minutes. Then add 4 hard-boiled eggs, which have been sifted through a fine sieve, and the yolks of 3 eggs, and the white of 1. Save the whites of the other 2 eggs for the basting. Mix well; take out about



BAKED GOOSE.

one third of the mixture and put in another bowl, and to the remaining two thirds, add 4 tablespoonfuls of pecan meal, 2 tablespoonfuls of roasted pine-nut butter, 1 heaping teaspoonful sage, and 2 heaping teaspoonfuls of grated onion, and salt to suit the taste. Mix well. Use this mixture for making the back and legs of the goose. Then to the one third that was taken out, add 2 tablespoonfuls of nut meal made from toasted almonds, 1 tablespoonful of blanched filbert meal,

and 1 tablespoonful roasted pine-nut meal, a little salt, a little sage, and 1 teaspoonful of onion juice; this mixture is to make the breast and wings of the goose. Take some good, strong macaroni, break it into desired lengths for the bones. Place some of the pecan mixture on a well-oiled tin or sheet of iron, on which you wish to bake it, and shape it into the form of a goose lying on its back. Press into it a stick of macaroni running the whole length, for the backbone. Then build it up with the mixture, pressing it down well. Oil the hands, and form the legs, pressing a stick of macaroni into the center, and have it long enough to reach the whole length of the leg, covering it up at the upper end, but letting it stick out about an inch at the other to represent the drumstick of a goose leg. Then with the almond mixture form the breast of the goose, making it quite high, but not so high and full as that of a chicken. The neck and lower part of the body should be made of the pecan mixture, to represent the dark meat of the fowl. Press the legs on to the body, using a little of the white of an egg to stick them on with. It is also best to insert some pieces of macaroni, running it through the leg just below the leg bone, and into the body, covering up the end of it with a little of the dark mixture. This will help to hold the legs in position while it is baking. Make the wings of the almond mixture, fastening them to the body in the same way that the legs were. Then with a knife, smooth the surface of the goose, and brush it over with a soft cloth wet in peanut oil, and place it in the oven to bake. The oven should be of a moderate temperature, and it should bake for one hour; then remove from the oven, and spread with a mixture of 1 egg well beaten and 1 tablespoonful of almond butter. Return to the oven, and let it bake until it is nicely browned. Take from the oven, and slide it carefully on to the platter on which it is to be served. Garnish to suit the

taste and convenience; the one in the accompanying cut is garnished with parsley and sliced yolks of hard-boiled eggs. A gravy should be served with it made of 1 heaping tablespoonful of roasted pine-nut butter, 1 heaping tablespoonful of white flour, 1 pint of water, and a little salt.

TURKEY LEGS.

Take $\frac{1}{2}$ cup of water, 2 hard-boiled eggs, 2 tablespoonfuls of pecan meal, 1 teaspoonful peanut butter, a little sage and salt, 2 tablespoonfuls of zwieola, and 2 tablespoonfuls of gluten. Boil the eggs until the yolks are dry and mealy, and then rub both the whites and yolks through a fine wire sieve. Mix with it the nut meal and butter, rubbing until smooth; then add a very little water. Pour $\frac{1}{2}$ cup of water over the zwieola, let it soak for a few minutes; add the other mixture, beating well, and lastly add the gluten. It should be stiff enough to handle well. Take a large, heaping tablespoonful, press it around the piece of macaroni, which should be four or five inches long, forming it in the shape of a turkey leg, leaving an inch or more of the macaroni to stick out to represent the bone. Roll in beaten egg, and bake on an oiled tin until a nice brown. This makes a pretty dish, and is very palatable. Serve with a pecan gravy with egg.

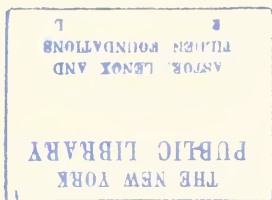
CHICKEN LEGS.

First prepare the meat of the mock chicken by mixing 2 tablespoonfuls of pecan meal, 1 tablespoonful nut butter, and $\frac{1}{4}$ cup of hickory cream, 2 tablespoonfuls of zwieola, 2 tablespoonfuls of gluten, $\frac{1}{2}$ cup of water. Put the water on the zwieola, and let it soak a few minutes, then add the other ingredients. It should be just moist enough to form well. Then take 1 large tablespoonful, and roll it in the hands;

have ready some pieces of macaroni about five inches long, and press one into the mixture, leaving out an inch or more to represent the bone of the chicken leg, having the macaroni in the center for the bone. Roll in beaten egg, place on an oiled tin, and bake in a moderate oven until nicely browned, which will take about one hour. If a little sage or onion is added, it improves the taste very much.

ROAST TURKEY.

To make a good-sized turkey, take 20 heaping tablespoonfuls of zwieola, 20 tablespoonfuls of No. 3 gluten, 8 tablespoonfuls of pecan meal, 8 tablespoonfuls of roasted almond meal, 8 tablespoonfuls of black walnut meal, 2 tablespoonfuls of peanut butter, 3 heaping teaspoonfuls of ground sage, 2 tablespoonfuls of grated onion, 2 teaspoonfuls of salt, 6 hard-boiled eggs, and 3 raw eggs. Put the zwieola in a large pan and pour over it 5 cups of hot water, and let it soak for fifteen minutes; then put the hard-boiled eggs through a sieve and add them to the zwieola; add also the nut butter dissolved in water, beat the eggs and add them to the mixture with the other ingredients. Mix all very thoroughly; if it is so dry that it is crumbly, add more water, being careful not to get it too soft or it will not hold in shape well. A piece of sheet iron is nice to bake it on, as it can be more easily slipped off. Oil it with nut oil, and place on top of it a thick piece of muslin saturated with oil; upon this cloth form a turkey, making the breast full and high, and leaving a little piece for the neck. Press it together with the hands, oiling them with nut oil to keep them from sticking. Then take a large tablespoonful of the mixture into one hand, and press into the center of it a large-sized stick of macaroni, which is long enough to protrude about two inches, after run-





ROAST TURKEY.

ning the length of the leg ; with the hands oiled, shape it into the form of a turkey leg, using the white of an egg to make it stick to the body, and secure it by sticking pieces of macaroni through the leg, just below the bone, into the body, carefully covering the end of the macaroni with a little of the mixture. Form the wings and attach them to the body in the same way in which the legs were secured. When the fowl is all formed and smooth, brush it over with a cloth dipped in nut oil, then bring up the cloth around the turkey and pin it together tight enough to hold the wings and legs in position. Then place in the oven and bake for an hour and a half. Remove from the oven, unpin the cloth, and with the shears cut off as much of it as possible without moving the turkey ; spread the turkey with a mixture of beaten egg and roasted almond butter with a little salt added. Return to the oven and bake to a nice brown. Again remove from the oven and slide it into the platter on which it is to be served. The garnishing, in the cut, is cubes of cranberry jelly and parsley.

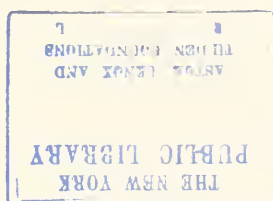
NUT LOBSTER.

Take 1 pound of pine-nuts, wash and put them in the oven, and roast to a light-brown color; then grind or mash them to a butter. To $1\frac{1}{2}$ cups of this butter take $1\frac{1}{2}$ cups of water, 1 cup of corn-starch, 1 heaping teaspoonful of salt, and 1 heaping tablespoonful of granola ; mix all together thoroughly, put into a basin and steam for one hour, then bake until nicely browned on top. Cut in slices and serve.

BAKED TROUT.

Take 1 cup of raw peanut butter, 1 cup of tomato squeezed through a cheese-cloth, 1 cup of corn-starch, and 1 heaping teaspoonful of salt ; mix all together very thor-

oughly and beat for five minutes. Make a bag of thick muslin, cutting it out the shape of a fish, and sew it up on a machine, having the stitch quite short, so the mixture will not work through. Leave a hole in the end of the tail large enough to insert a small funnel, and pour the mixture into the funnel, letting it run down into the bag. The above mixture is sufficient to make a trout eight inches long. When full, tie it with a stout twine, lay it on a tin so the back will be up, and steam in a steam-cooker for one hour. Remove from the cooker, and with the shears or sharp knife rip the bag open from the head to the tail, and carefully pull it off from the fish. Take a raw potato and cut it into quite thin slices lengthwise; cut one of the slices in the shape of a fish's tail-fin, cutting ridges in it to represent the bones, and slightly notch it on the end. Cut a slash in the tail of the fish and insert the fin, using a little of the white of an egg, and fastening it with two pins, which, after the fish is baked, should be removed. With another slice of potato form the back fin, and cut a slash in the back long enough to insert the potato fin; also insert small slices of potato made to represent the gills and the fins near the gills. Then with a little charcoal and water (part of a charcoal tablet will do) rub the head and back with it, making the head almost black, and the back quite a dark drab, but growing lighter down on the sides. With a sharp knife cut a mouth and some small round holes for the eyes, filling the cavities of the eyes with cranberry jelly cut round; also stick some small round pieces of the jelly on the sides of the fish to represent the red spots of a trout. Then beat the white of an egg just enough to break it, but not enough to make it frothy; baste the fish with this, being careful not to move the jelly, but be sure and cover each piece with egg, so it will not melt when heated in the oven. Place in the oven for the egg to set and the





BAKED TROUT.

potato fins to slightly brown. When done, put on a platter, garnish with parsley, and serve with mashed potatoes.

MOCK FISH STUFFED AND BAKED.

Take 6 cups of water ; $1\frac{1}{2}$ cups of white corn grits or white corn-meal ; 1 teaspoonful of salt.

When the water boils, add the salt and stir in the grits, continuing to stir until it boils ; let it boil gently for a few minutes, and then place in a steam-cooker, and steam for three or four hours. Make a stuffing of 2 tablespoonfuls of zwieola, 1 tablespoonful gluten No 3, 2 tablespoonfuls pecan meal, and 1 tablespoonful peanut butter, 1 tablespoonful almond butter, 1 hard-boiled egg, $\frac{1}{4}$ teaspoonful sage, 1 teaspoonful grated onion, $\frac{1}{4}$ teaspoonful salt ; add just a little water until the mixture makes a stiff batter. Mix thoroughly. When the corn grits are done, oil a bake tin and put some of the cooked grits on it, spreading them in the form of a fish, making it as long as can be easily served on the platter you intend to serve it on. Then put some of the dressing the whole length of the fish. Make a little trough in the dressing, and put in the yolks of two eggs, chopped and seasoned with celery salt, then cover the egg with the dressing paste, and cover that with the cooked grits. Form more perfectly into the shape of a fish, and spread with a diluted nut butter, using the slices of the white of egg for the gills and mouth, and filberts for the eyes. Press in a row of blanched Jordan almonds down the center of the back to represent the dorsal fins, also use the almonds to make the tail. Lard it across the back (see cut) by sticking in pine-nuts. Bake in a moderate oven for half an hour ; if it browns too fast on top, cover with a brown paper, until ten minutes before taking from the oven. Garnish with parsley and curled celery, bank the sides

with potato balls made by cutting them from raw potatoes with a scoop made for the purpose, or make balls of mashed potatoes. Roll them in pine-nut butter and bake in the oven until nicely browned. To make the curled celery, take some nice crisp celery, split it into four parts from both ends, leaving about one inch in the center to hold it. Place it into ice-cold water for twenty minutes and it will be curled nicely. If the water is not very cold, leave it in longer.

SAUCE FOR BAKED FISH.

Take 1 cup of raw nut milk, 1 level tablespoonful of white flour, 1 egg, a little celery, and a pinch of salt. Heat the milk in a double boiler, when boiling, stir in the flour, which should be rubbed smooth in a little cold water, and let it cook for fifteen or twenty minutes. Then add the well-beaten egg, the celery, and the salt ; stir until the egg is set, but not curdled. If desired, a hard-boiled egg cut into small pieces may be added just before serving. Serve a ladleful on one side of each portion of fish. Lemon or tomato juice may be added if a sour gravy is desired.

MOCK TURKEY.

Take 3 cups of sifted lentils, 1 cup of walnut butter, 1 pound of zwieback moistened with water, 3 heaping teaspoonfuls of powdered sage, 1 cup of gluten, and 2 teaspoonfuls of salt. Add 2 eggs. Form into loaf or turkey. The walnuts should be the black walnuts, as they give it more of a turkey flavor. The whole-wheat zwieback is best, but the white will do. Beat the eggs well, and mix all the ingredients together, adding enough water to the zwieback to moisten it before adding the other ingredients. If formed into a turkey, it should be real stiff, but it does not require to be so stiff when cooked in a loaf.

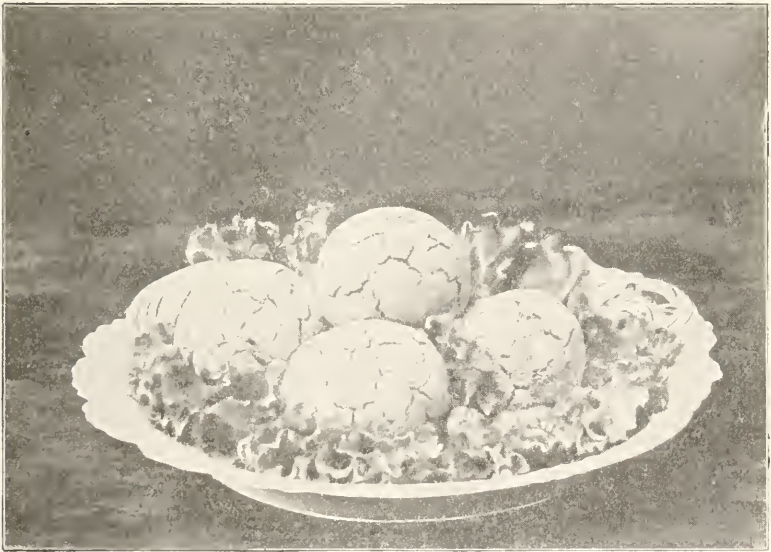
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WHITE FISH STUFFED AND BAKED.

MOCK FISH-BALLS.

Take 1 pound of nutora chopped fine, 1 cup of almond meal, 3 cups of white bread-crumbs soaked in $\frac{1}{2}$ cup of water (perhaps more water will have to be added if the bread is dry, but use as little as possible), 1 cup of shredded cocoanut, 1 beaten egg, and salt to taste ; add a little celery salt if desired ; mix all thoroughly and form into balls with the hands. Roll



MOCK FISH-BALLS.

in beaten egg and then in fine bread-crumbs, and bake a nice brown. When done, wash some fresh lettuce leaves, wipe them dry with a cloth, being careful not to bruise them, arrange on a plate, and pile the balls upon them, as is shown in the cut. In serving, put a lettuce leaf on an individual dish, and place a ball upon it. If a gravy is served with it, it should be a white gravy made of almond nut or raw peanut milk, flavored with celery or onion.

VEGETABLE NUT ROAST.

Put to soak overnight 4 cups of red kidney beans. In the morning cook in plenty of water until they are tender, then put them through a colander, and put with them two-thirds as



VEGETABLE NUT ROAST.

much nut butter as beans; then add 2 teaspoonfuls of sage, 2 teaspoonfuls of celery salt, 1 onion grated fine, 2 teaspoonfuls of salt, 2 heaping tablespoonfuls of pecan meal, 2 heaping tablespoonfuls of roasted almond meal, 4 heaping tablespoonfuls of zwieola and 4 of gluten, and 6 hard-boiled eggs

which have been pressed through a sieve. Mix all together thoroughly; and if there is not enough water to mix well, add cold water, being careful that you do not get it too moist. Have ready a bag made of thick muslin cut and sewed so it will be round on the bottom end of the bag, and round out through the middle, so that the roast, after being cooked in it, will be the shape of a nice ham. Pour boiling water over the bag and wring out; then fill with the mixture; tie with stout twine, leaving only a little room for swelling, as the more room that is left for swelling, the less firm the roast will be, and it wants to be firm enough to slice well. Then place it in the top of a steam-cooker, or it can be laid in an ordinary steamer, and cook for three hours. Then remove from the steamer, and with a sharp knife or the shears, rip down one side of the roast, pull back the bag, and let the roast roll out on an oiled tin or dripping-pan; then with some peanut oil and a piece of clean muslin, brush the roast over the top with the oil and set in the oven until it has a beautiful brown crust. Then carefully remove to a platter and garnish as desired. In the accompanying cut it is garnished with vegetables which can be prepared the day before. The round balls at the ends are made of potatoes and beets, the beets being at one end and the potatoes at the other end of the roast. Next to them are cups cut out of cooked turnips. They are filled with canned peas, and the central garnish is made from cooked carrots cut into cylindrical shapes of even lengths. The ornamental skewer or *hatchlet* in the center of the roast is made by running a knitting-needle through a beet ball, then through a slice of turnip which has had a square piece cut out from the center, and four half square pieces around that, with pieces of beet inserted in their places, then a potato ball, and lastly a small piece of macaroni in which are 2 leaves of parsley.

The skewer must not be made until just before serving, but the other garnish may be fixed the day before and then placed in the steamer in time to get warm before arranging on the platter; a part of the garnish may be served with a slice of the roast if desired, or it can be left undisturbed. A gravy should accompany the roast to the table; it may be made in the following manner: 2 tablespoonfuls of filbert meal, 1 of peanut butter, 1 teaspoonful of onion juice, salt to taste, and a heaping tablespoonful of white flour. Mix all well together with $\frac{1}{2}$ cup of water, and stir into 3 cups of boiling water. Cook for three minutes, pour into a gravy-boat, and place on one side of the carver's plate. This will make a good-sized roast, sufficient for twelve people.

MOCK SALMON.

Take 2 cups of nut butter, 1 cup of tomato juice without the pulp, 1 teaspoonful of salt, 1 cup of water, 1 tablespoonful of corn-starch. Mix thoroughly; cook in cans.

DEVEILED NUTS NO. 1.

Take 1 cup peanut meal, 1 cup bread-crumbs, $\frac{1}{2}$ cup nut cream, $\frac{1}{2}$ teaspoonful grated onion, 2 hard-boiled eggs, 1 tablespoonful chopped parsley, salt to taste. Mix the meal and bread-crumbs, add the eggs, the yolks and whites pressed through a sieve, also the parsley and salt, and lastly the nut cream; place in the oven and brown.

DEVEILED NUTS NO. 2.

Yolks of 6 eggs boiled hard and sifted through a sieve, $1\frac{1}{2}$ cups of walnut meal, 1 teaspoonful of grated onion, 1 raw egg yolk, and a little nut cream and salt, 3 cups of dry bread-crumbs.

RED BEAN ROAST.

Take 1 can or 2 cups of red kidney bean pulp, $\frac{1}{2}$ cup of liquid (milk or water), 1 cup of rolled English walnuts, or $\frac{1}{4}$ cup of black walnuts, 1 teaspoonful of sage, 1 of salt. Mix together thoroughly, and bake.

CRYSTAL WHEAT ROAST.

Take 1 cup of crystal wheat, 1 cup of boiling water ; steam fifteen minutes ; then stir into it 1 cup of nut butter after moistening it with enough water to make it creamy ; salt, and bake in moderate oven twenty minutes, or steam twenty minutes. Then cool, and turn out of the pan, basting it with nut butter, and brown it in the oven.

A sauce to be served with it is made of 1 pint of strained tomatoes, $\frac{1}{2}$ tablespoonful of nut butter, juice of half a lemon, and a little salt.

Sift the hard-boiled yolks in with the bread-crumbs and nut meal, add salt and onion, then the raw yolk of an egg, and enough nut cream to make it somewhat mushy.

ESCALLOPED MOCK SALMON.

Steam 1 cup of browned rice twenty minutes. Place in a baking pan a layer of the mock salmon cut in small pieces, then a layer of the browned rice, and so on, until the pan is filled. Cover the top with a generous sprinkling of pine-nut meal, after pouring in a little boiling water to moisten it. Bake in a moderate oven.

BREAD DRESSING.

Cut stale bread into inch cubes. Emulsify enough nut butter to make the dressing as rich as you desire ; add to it enough water to moisten the bread well. Put into this the

sage and salt to make desirable seasoning, and pour over the bread. Bake in a shallow pan until well done and brown.

SAVORY LENTILS.

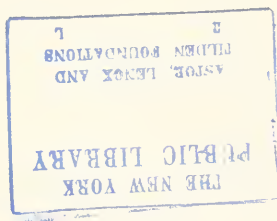
Soak a portion of lentils overnight, skim them from this water, and put in cold water, raising gradually to boiling-point. When thoroughly tender, pass them through a reasonably fine colander. To one part of this add an equal measure of fine, toasted bread-crumbs, also salt and sage, onion or some other herb as taste may dictate. Moisten the whole with a quantity of very thin emulsified butter. When all are combined, the consistency should be such that if left to stand a few minutes, it will become even over the top. Bake until quite firm and brown.

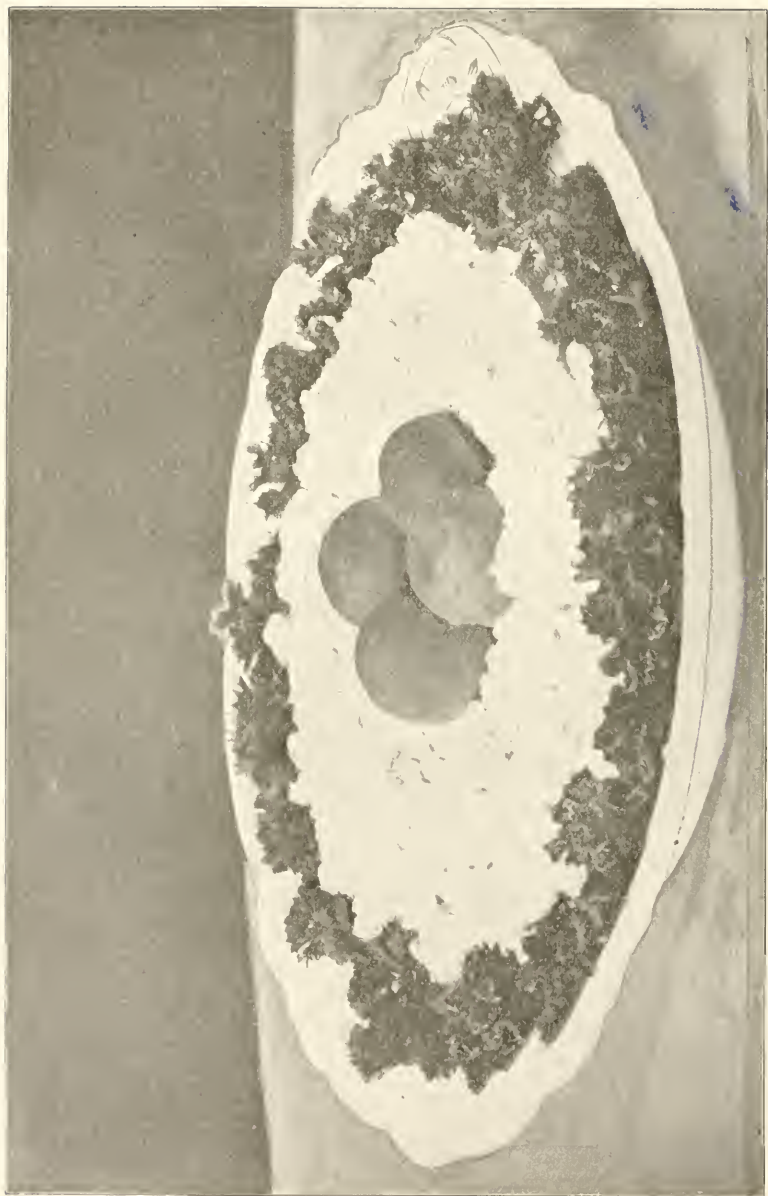
A NUT CHEESE NEST.

Take $1\frac{1}{2}$ cups of raw peanut butter, 1 cup of corn-meal (white), $3\frac{1}{2}$ cups of water, and $\frac{1}{2}$ cup of lemon-juice. Mix all the ingredients thoroughly and cook the same as nutmeato. When thoroughly cold, crumble into very fine pieces and heap upon a large, round plate. Make a cavity in the top of the mock cottage cheese, and place in it the yolks of 4 hard-boiled eggs. Around the edge of the cheese, put a row of parsley as shown in the accompanying cut, or some may prefer watercress.

MOCK CHICKEN CROQUETTES.

Take $1\frac{1}{2}$ pounds or $1\frac{1}{2}$ pints of nutmeato chopped quite fine; add nearly as much mashed potato, 4 tablespoonfuls of zwieola which has been soaked for fifteen minutes in $\frac{1}{2}$ cup of warm water, and 4 tablespoonfuls of gluten, 2 teaspoonfuls of sage, 2 teaspoonfuls of onion grated, salt to suit the





NUT CHEESE NEST.

taste, 4 hard-boiled eggs put through a sieve, and 1 raw egg. Mix the sifted eggs with the zwieola, and work till smooth; then add the other ingredients, and mix all very thoroughly. Take a large tablespoonful, and work in the hands quickly, handling with care, and form into cylinder-shaped croquettes, making the ends as square across as pos-



MOCK CHICKEN CROQUETTES

sible; then roll them in a beaten egg and then in gluten, or what is better, fine cracker-crumbs; crisps or rolls that are perfectly dry and ground fine are also nice, and give them more of a meaty flavor. Bake on well-oiled tins for an hour or more. The above amount will make twenty good-sized croquettes. In serving, they can be arranged as in the accompanying cut, which represents them garnished with sprigs of parsley, or if a smaller quantity is desired, they may

be made into funnel shapes by molding in an ice-cream mold or a small funnel with the hole stopped up with a piece of raw turnip or potato. Then when baked, they are nice served on a plate covered with curly lettuce leaves ; serve a lettuce leaf with each croquette, placing the croquette upon the leaf.

MOCK FRIED OYSTERS.

Scrape some parsnips and cut slantwise to get the oval-shaped slice. Let them stand in cold water for half an hour. Then put into a saucepan, putting on plenty of cold water, and let it get boiling hot, and drain. Cover them with boiling water, and add 1 teaspoonful of salt, 2 teaspoonfuls of nut meal, cook until tender, and drain. When cold, dip the slices into a mixture of egg and nut cream whipped together, and then in roasted pine-nut butter, rubbed with an equal quantity of corn-meal. Place on oiled tins and bake in a quick oven.

EGG BUTTER.

Take 1 pint of raw nut milk, and cook it for three hours in a double boiler, stirring it quite often to keep it from getting lumpy. Then to 1 cup of the cooked milk to which has been added 1 teaspoonful of salt, add 1 level tablespoonful of white flour, which has been rubbed smooth in a little cold water, and let it cook in the double boiler for fifteen or twenty minutes, that the flour may be well cooked ; then add the well-beaten yolk of 1 egg, and if desired, a little thick, raw peanut cream may also be added to give it more richness. Do not cook but a minute after the egg and cream are added, and stir it constantly or the egg will curdle. Pour while hot into a mold (a wooden butter-mold will do if it is tight). Wet the mold with cold water, and set in a cool place until perfectly cold clear through ; then turn it upon the

butter-dish, and it is ready for use. Some prefer it rather than the diluted nut butter. It very much resembles butter, and slices and spreads easily. Try it.

CUTLETS OF POTATO.

Take a can of nutmeato,—one that is about four inches in diameter makes the best size; slice it crosswise into slices about half an inch thick. Cut the slices into halves, and then



CUTLETS ON POTATOES.

with a sharp knife trim them to the shape of a meat cutlet. Macaroni is used in this instance for the rib bones, pressing it into the nutmeato. Dip first in a batter of egg, water, and flour, and then lay it in a platter of meal, made by rubbing together pine-nut butter and corn-meal, half and half, turning it until enough adheres to coat it over thoroughly. Place on

a baking pan and brown in the oven. Have ready some nicely boiled potatoes, mashed and beaten to a foam, adding a little salt and nut cream, if desired. Heap them upon the center of a large platter, leaving them in a loose fluffy way. Then take the cutlets from the oven and set them up around the potatoes, as shown in the accompanying cut. Serve very hot.

MOCK OYSTER PATTIES.

Make a pastry dough by using 1 cup of fine almond meal or pine-nut meal, 1 cup of white flour, and enough cold water to mix. Mix the meal and flour, pour on the water a little at a time, and stir into crumbs, removing them to the board as fast as they form, and then press together and roll out half an inch thick. Cut out the patties with a scalloped cooky-cutter, and with a small round cutter placed in the center of the patty, cut half-way through the dough. Place on oiled tins, and bake in the oven the same as biscuits. When taken from the oven, remove the crust on the central part of the patty with a fork, saving it as a cover. Then with a fork remove all the inside, leaving only a good thick crust.

Have ready some vegetable oysters which have been well prepared and sliced slantwise, so as to give them more of an oyster shape. To 4 medium-sized oysters cut in this way, add 1 heaping tablespoonful of rolled oats, a pinch of salt, and enough water to cover them. Put into a basin, and cook in a steamer for two hours. The oatmeal will give them the slimy appearance of real oysters. When done, take out the nicest looking oysters on a plate, and put the rest through a wire sieve for the gravy. Partly fill the patties with the gravy, and then finish filling with the oysters. The gravy may be seasoned with roasted almond or pine-nut butter; then place the piece of round crust that was taken off, back

on for a lid, and serve hot. The crumbs taken from the inside may be used to thicken the soup or gravy if it is too thin.

GREEN PEA PATTIES.

Take green peas, or canned peas will do. Make the patties the same as for oyster patties. After removing the inside of the patties, fill with the peas about two-thirds full, and pour over them the juice of the peas thickened with the crumbs ; put on the lid, and serve hot.

NUTMEATO PATTIES.

Make a puff-paste and cut into patties as directed for mock oyster patties. Cut some nutmeato into small cubes, cover with water, and cook for two hours in a double boiler ; then thicken the juice with a little white flour, add the nutmeato and fill the patties ; put on the lid, heat in the oven, and serve hot in individual dishes.

MOCK CHIP BEEF.

Take plain nutmeato, slice it (or chip it) quite thin, let it stand overnight in an open dish covered with a cheese-cloth to keep off the dust. The outside will become somewhat dry and oily. In the morning broil on toasters or a toasting fork. Place in a dish of hot water, and gently simmer for half an hour ; then drain off the water, turn the nutmeato upon a hot platter, return the water to the stove, and thicken with a little white flour rubbed smooth in a little cold water ; add salt to suit the taste, and pour over the meat. This may be served as chip beef, or it may be placed upon toast.

FOR NEW RECIPES.

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FOR NEW RECIPES.

MALT EXTRACT.

MALT is any grain artificially germinated, so as to induce certain changes in the construction of the seed. Barley is the variety of grain usually employed for making malt. The barley is first screened, and then poured into a large vat ; after which it is covered with six inches of water, the blasted kernels and foreign substance being skimmed off. It is left in this water from forty to fifty hours, taking less time in summer than in winter. The barley is then taken from the vat and thickly spread upon a floor where it is left to continue sprouting until it reaches a certain point, where the maltster knows from experience that the starch of the grain has been changed to soluble sugar and dextrin. These changes are effected by a peculiar nitrogenous ferment called "diastase," which exists in the grain, but is increased in amount during the sprouting process. The barley is then kiln-dried and ground to a flour. Diastase is obtained by making a paste of the malted grain and water, and kept at a temperature of 76° for a few minutes, when the water is then pressed out, filtered, and placed in a warm bath at 170°. At this temperature the foreign nitrogenous matter coagulates, which is afterward separated by filtration. The filtered liquid is quite pure diastase, and is evaporated at a low temperature, until it is dry. Diastase is not only soluble itself, but it has the power of dissolving starch, and is converted into soluble gum, to which is given the name "dextrin," and finally into grape-sugar, so called because, on analysis, it closely resembles the sugar which naturally exists in the grape.

Diastase is so powerful that 1 part of it will convert 2,000 parts of starch to grape-sugar. For this reason it is extensively used in the preparation of farinaceous foods for infants, and in the form of malt extract it possesses considerable reputation in pharmacy, being recommended by physicians for patients who have lost the power of digesting starch, as the digestion of starch changes it to sugar or dextrin, and the malt extract produces the same result. Malt extract is very sweet, and has the consistency of honey; it blends nicely with nuts, and may also be eaten on grains and bread. It is one of the greatest fat-producing food elements made, and is especially recommended to persons who find themselves losing in flesh from any cause, and is equally well adapted to persons of all ages. It is, however, a very concentrated food, and care should be taken not to eat of it too freely.

MALTED BUTTER.

Take 2 cups of butter, 1 cup of malt, and mix thoroughly. When desired to be used on bread, mix in water till of the consistency to spread. A little salt may be added to suit taste.

MALTED NUT CARAMELS NO. 1.

Take 2 cups of nut butter, 1 cup of malt extract, $\frac{1}{2}$ cup of No. 3 gluten. A little salt may be added if desired. Thoroughly mix ingredients, and mold into squares or any desired shape. Let it stand twenty-four hours. This preparation will keep well if each piece is wrapped in oiled paper. Where the gluten can not be easily procured, browned flour may be substituted. The caramels, if dissolved in hot water, make a palatable and nutritious drink, and many prefer to take them in this way.

MALTED NUT CARAMELS NO. 2.

Take 3 cups of peanut meal, or 2 cups of butter, $1\frac{1}{3}$ cups of malt extract, $\frac{1}{2}$ cup of almond meal, and $\frac{1}{2}$ teaspoonful of salt. Mix thoroughly, and mold. The following in weight will produce the same as the above: 17 ounces of peanut meal, 19 ounces of malt extract, 3 ounces of almond meal, $\frac{1}{5}$ ounce of salt.

MALTED NUT CARAMELS NO. 3.

Take 2 cups of pecan meal, 1 scant cup of malt extract, and $\frac{1}{4}$ cup of No. 3 gluten meal. Mix well together, and press into a square tin. After it has stood twenty-four hours, it can be cut into squares, and wrapped in tissue paper if desired.

MALTED NUT CARAMELS NO. 4.

Take 1 cup of ground pine-nuts, a little salt, $\frac{1}{2}$ cup of malt extract, and $\frac{1}{2}$ cup of No. 3 gluten. (See index for directions.) Mix all together but do not work more than is necessary, or the oil will start. Press it into square tins, and when it has stood twenty-four hours, cut into one-inch squares. If preferred, it can be wrapped in tissue paper.

MALTED NUT CARAMELS NO. 5.

Take 1 cup of filbert meal, $\frac{1}{2}$ cup of malt, 1 tablespoonful of gluten, and a little salt. Mix all together thoroughly and press in a square tin. Cut in squares after it has stood for twenty-four hours, and if it is desired, it can be wrapped in tissue paper. This is very good, and is relished by those who do not like peanuts.

MALTED NUT CARAMELS NO. 6.

Take 3 cups of peanut meal No. 2, 1 cup of malt extract, a pinch of salt; mix well, and mold in square tins. After they have stood for several hours, they can be cut into caramels, and if desired, wrapped in oiled paper.

NUT FLAKES.

Take any of the malted caramels, Nos. 1, 2, and 6 are very nice. Roll them out very thin, as thin as paper if possible. A clean clothes-wringer will roll them thinner than they can be rolled with a rolling-pin. Then place in a warm oven and dry, being careful not to scorch them, as the malt scorches easily.

MALTED PEANUTS.

Take $1\frac{1}{2}$ cups of peanut meal, $\frac{1}{2}$ cup of malt extract, a small pinch of salt; rub all together, and dry in the oven or where it is warm, being careful not to scorch it. The malt scorches very easily. When perfectly dry, grind through the mill to a meal, and it is ready to eat. When mixed with malt the peanut dries more easily than any other nut.

MALTED ALMONDS.

Take $1\frac{1}{2}$ cups of almond meal and $\frac{1}{2}$ cup of malt; rub together thoroughly, and dry on tins in a warm oven or suspended over the stove. When very dry, grind to a meal.

MALTED BRAZIL-NUTS.

The Brazil-nuts may be blanched first by heating in the oven, when the skins will rub off. Then grind them to a meal. To $1\frac{1}{2}$ cups of the meal add $\frac{1}{2}$ cup of malt extract; mix well and dry. When thoroughly dried, grind to a meal.

MALTED PINE-NUTS.

Take $1\frac{1}{2}$ cups of pine-nut meal, $\frac{1}{2}$ cup of malt extract, and mix together very thoroughly. Put in a warm place, and let it get perfectly dry. It will take longer to dry than it does the peanut. Then grind through the mill to a meal.

MALTED FILBERTS.

Blanch the filberts by heating in the oven, and rubbing off the skin; then grind to a meal. To $1\frac{1}{2}$ cups of the meal add $\frac{1}{2}$ cup of malt extract; mix well, let it dry in a warm place, and when well dried, grind to a meal.

MALTED WALNUTS.

Take walnut meal that has been made from the blanched walnuts, using $1\frac{1}{2}$ cups of the meal to $\frac{1}{2}$ cup of malt extract; a very little salt improves the taste. Mix well, and dry in tins in a warm oven. When perfectly dry, grind to a meal.

The pecan, hickory, and butternut may be malted in the same way.

MALTED CREAM.

Take 1 cup of cocoanut cream and 1 cup of malt extract; mix very thoroughly, and it is ready to serve. It is excellent to eat on bread, granose, or grains, and also serves as a sauce for puddings.

Raw peanut cream or the cream of any nuts may be substituted for the cocoanut if desired. The nut butter diluted to the consistency of cream and mixed with equal quantity of malt also makes a very nice dressing.

MALTED NUT OIL.

Take 1 cup of pure malt extract and thoroughly mix with it 1 tablespoonful of peanut oil or the oil of any nuts desired. Warm the oil and malt on the stove and work well, until thoroughly blended; or eighty per cent. malt, twenty per cent. nut oil, and a little sugar of milk may be added to give a pleasant grainy flavor.

MALT FOOD.

Take equal parts of malt extract and water, mix well, and let boil; stir in a little gluten to thicken.

MALT GEMS.

Take 2 cups of water, 2 heaping tablespoonfuls of nut butter, 1 tablespoonful of malt extract, 2 eggs well beaten, $\frac{1}{2}$ cup of corn-meal, 2 cups of white flour, $\frac{1}{2}$ cup of graham flour, and a little salt. Have the water very cold, and dissolve the butter with the water, adding a little at a time; then add the malt. Beat in the flour until it is smooth, and lastly add the eggs, which should be very well beaten. Bake in hot gem irons for nearly an hour, the oven being quite hot.

MALTED SWEET POTATOES.

Bake the sweet potatoes as usual; then peel and cut into slices or into any shapes desired, and dip into a solution of $\frac{1}{2}$ cup malt, 1 teaspoonful nut butter, and salt to taste; mix well, and when the pieces of potato are dipped into it, place them on oiled tins, and bake in the oven. When nicely browned, serve hot.

MALTED BAKED APPLE.

Select good tart apples, remove the cores with a new clothes-pin, and then fill the cavities with a filling made by diluting nut butter with sassafras tea sweetened with malt. Bake in a moderate oven, until done, being careful not to overbake them.

SWEET POTATO PONE.

Peel and grate sweet potatoes enough to make a quart, grating as quickly as possible that they may not become discolored. Add to them $1\frac{1}{2}$ cups of nut cream, 1 tablespoonful of malt, the juice and a little of the grated rind of 1 orange, and a little salt. Mix well, and pour into a pudding dish. Bake for one hour, or until the potato is done and it is nicely browned on top.

FOR NEW RECIPES.

FOR NEW RECIPES.

GRAINS.

GRAINS are the most nutritious of all foods, and if properly cooked and masticated, they are easily digested. The grains are all similar in composition, varying in the relative amounts of the various elements, such as gluten, albumen, casein, and fibrin. They also contain a certain amount of starch, which is converted into dextrin, or sugar, fatty matters, and also mineral matter and cellulose. The total nutritive value of the grain foods is nearly three times that of meat. Grains approach more closely than other foods the proper standard of proportion of the food elements. We are told that the system requires six parts of carbonaceous to one part of nitrogenous material. Wheat contains exactly the correct proportion of the food elements. Bread made from the ground whole-wheat kernel is rightly called “the staff of life ;” for one could live upon it without other foods, for an indefinite length of time, without injury to the body, as it contains all the elements needed in the body and that, too, in the right proportion.

But even these most nutritious of foods can be cooked and eaten in such a way as to be wholly unfit for the stomach.

The following are some of the errors made in cooking and eating grains :—

First. Not cooking them long enough. Many people think grains can be cooked in twenty or thirty minutes. This is a fatal mistake, and one that has ruined many a stomach. Grains consist largely of starch in the form of little cells ; each cell is enclosed in a tough, fibrous coat, which the saliva

or the gastric juice does not affect. By prolonged cooking, the starch in the cells expands and bursts the cells ; then it can be acted upon by the saliva, which changes it to dextrin, or sugar. The gastric juice digests only the nitrogenous material, so when the starch is not digested by the saliva, it is apt to ferment in the stomach.

Second. Not masticating them thoroughly. Because the grains are softened by cooking and do not need to be masticated in order to render them fine, they are often swallowed without being thoroughly mixed with the saliva. This is a very injurious habit. When we consider the fact that mastication is the *only* step in the whole process of digestion and assimilation given by the all-wise Creator to man to perform, it seems that it ought to be given more time than many give to it in this age of hurry.

Third. Grains are often put in bad company. The custom of eating sugar and cream or milk on grains is a very injurious one, for the sugar combined with milk very readily ferments and causes a sour stomach. Either milk or sugar would not be so bad alone, but a dressing of nut cream, fruit-juice, or some sauces such as fig sauce, would be much more wholesome.

RECIPES FOR THE COOKING OF GRAINS.

CRACKED WHEAT.

Put 1 quart of water in the inner cup of a double boiler. When hot, stir into it 1 cup of cracked wheat, adding a little salt if desired. Let it cook rapidly until the kernels cease to settle when lifted from the stove ; then place in the outer boiler, in which the water should be boiling. Cook four or five hours or longer. Serve hot with nut cream or any fruit sauce desired.

CRACKED WHEAT AND NUTS.

When 1 quart of cracked wheat is nearly done and a little moist (add water if too dry), sprinkle 1 cup of chopped nuts over it, and close the kettle carefully, and let it steam for twenty or thirty minutes.

Mix the chopped nuts with the wheat as you pour it out into the dish. Pecans or walnuts are particularly good in this dish.

ROLLED WHEAT.

Have boiling 3 cups of water in the inner part of the double boiler. Salt to taste, and stir in 1 cup of rolled wheat. When thickened, place in the outer boiler, in which the water should be boiling, and cook three hours. The addition of raisins is very good. The raisins should be well steamed, and added just before serving. Stewed apples or other fruits, either fresh or stewed, may be added in the same way.

GRAHAM MUSH.

Heat 1 quart of water in the inner cup of a double boiler. When boiling, stir in 2 cups of graham flour which has been moistened with 1 pint of warm water, stirring in slowly. When thickened, put in the outer boiler, and cook one hour. The above may be varied by adding stoned dates just before serving, or steamed raisins or figs chopped in small pieces; or fruit may be added, such as baked sour apples with the skins and core removed, peaches, huckleberries, etc.

GRAHAM GRITS.

This is a product of the wheat kernel, in which the germ of the wheat and the outer layer of the wheat kernel are ground into a granular form. As this preparation takes the

most nutritious part of the wheat kernel, it is an excellent food, having the elements in good proportion.

TO COOK GRAHAM GRITS.

Heat $3\frac{1}{2}$ cups of water in the inner part of the double boiler. When boiling, salt to taste, and stir in slowly 1 cup of graham or wheaten grits. Let boil for a few minutes until thickened, and place in the outer boiler, partly filled with boiling water. Cook for three hours or longer. It does not hurt it to cook all night.

FARINA.

Heat 1 quart of nut milk, or water if preferred, in the inner cup of the double boiler. When boiling, stir in 5 tablespoonfuls of farina, moistened with a little cold water. Let it boil until it thickens, then place in the outer boiler, and cook for one hour. If cooked in water, it should be served with nut cream or something which contains nitrogenous material as the farina is made from the central part of the wheat kernel, and consists principally of starch.

OATS.

In nutritive value, the oat ranks next to wheat. It is rich in fats as well as bone- and muscle-making material. It is therefore an excellent article for food if properly prepared ; but, like other grains, it has too often been served in an under-done state. It is somewhat harder of digestion than wheat, but is considered by some as excellent for some forms of dyspepsia.

OATMEAL MUSH.

Pour into the inner part of the double boiler 1 quart of water. When hot, stir into it 1 cup of rolled oats, and let it boil rapidly until it thickens ; then set in the outer part of the

double boiler ; the water in it should be boiling. Cook three hours or more. It will not hurt them to cook all night, and may be cooked on a coal stove all night, and be ready for breakfast. If desired, salt may be added to the water before adding the rolled oats.

OATMEAL GRUEL.

An excellent gruel may be made by sifting the cooked rolled oats through a sieve and adding water to make of the right consistency. A little salt and nut butter may be added if desired, or a little dairy cream or milk. This gruel is excellent for children and invalids.

BARLEY.

Barley is not so nutritious as wheat, and is more difficult to digest. Pearl barley is the most common form in which it is used.

TO COOK PEARL BARLEY.—Take 1 quart of cold water in the inner part of a double boiler, salt to taste, and add 1 cup of pearl barley. Place in the outer boiler, and let come to the boiling-point slowly. Cook for four or five hours, and serve the same as cracked wheat.

PEARL BARLEY AND NUTS.

Soak 1 cup of pearl barley, and 1 cup of blanched raw peanuts overnight. In the morning cook the barley in a double boiler and the peanuts in a kettle. (See directions for cooking peanuts.) When the peanuts are done, and have only a little water, pour them in with the barley, carefully fold them in, and let them continue to cook for an hour or more.

RICE.

Rice is a grain very easy of digestion. It is very rich in starch, but lacking in the nitrogenous elements, therefore it should be eaten with some foods that have an excess of that element, as nuts, legumes, eggs, or milk.

STEAMED RICE.

Look over and thoroughly wash the rice. To 1 cup of rice add 2 cups of water, and 2 cups of nut milk; salt to taste. Place in a steamer, and steam one hour, stirring occasionally with a fork, lifting it up to keep it from being soggy. Serve hot with cream or any sauce desired.

BROWNEED RICE.

Put a quantity of rice in the Family Peanut Roaster (4 or 5 pounds can be roasted at a time if desired), and place over a wood- or gas-stove. If the latter is used, it will take constant but slow turning; it is not necessary that it should be turned fast. Watch closely. When done, it should be of a yellowish-brown color. Use 1 cup of rice to 2 cups of water. Add a little salt. Steam the same as the above recipe. When done, each kernel should be separate, dry, and mealy. It is very palatable eaten without a dressing, but can be eaten with nut cream or with a fruit sauce if desired.

BROWNEED RICE SOUFFLE.

Take 1 cup of browned rice, steam it in 3 cups of water for twenty-five minutes. When cold, add 1 cup of sifted tomato pulp. Beat 4 eggs, the whites and yolks separately, add the yolks first, and fold in the stiffly beaten whites last, turn into an oiled pan, and bake in a quick oven for twenty minutes. Serve immediately.

GOLDEN RICE.

Take 1 cup of rice, $2\frac{1}{2}$ cups water, and $\frac{1}{2}$ cup nut cream; mix well, and steam for forty-five minutes. Then add 1 egg, which should be well beaten, and steam just long enough to set the egg. Serve on a flaring platter or large plate with poached egg on top.

RYE.

In nutritive value, rye is nearly equal to wheat, but has a taste not relished by some.

ROLLED RYE.—Put 3 cups of water in the inner cup of a double boiler. When boiling, add salt to taste, and stir in slowly 1 cup of rolled rye. Let it boil until it thickens, and then place in the outer boiler, and cook for three hours or more.

RYE MUSH.

Heat 3 cups of water to boiling in the inner dish of a double boiler, add salt to taste, and stir into it 1 cup of rye graham flour moistened with 1 cup of warm water. Stir until thickened, then place in the outer boiler, the water in which should be boiling. Cook for one hour or more.

MACARONI.

This is a wheat product; the outer skin or bran is rejected, but the glutinous part of the wheat is saved. When properly cooked, it is nutritious and palatable; it serves as a basis for a variety of soups as well as other dishes.

TO BOIL MACARONI.—Take 1 cupful of macaroni which has been broken into pieces one inch in length. Drop them into boiling hot, salted water, and cook until tender, which will take from thirty to forty-five minutes. When tender,

drain off the water in which it was cooked, and serve with almond cream and sugar. A little vanilla may be added to the cream if desired.

MACARONI WITH TOMATO SAUCE.

Cook the macaroni as in the preceding recipe, and cover with the following gravy: Heat 1 pint of nut milk to boiling. Salt to taste, and thicken with 1 level tablespoonful of white flour. Lastly add $\frac{1}{2}$ cup of strained tomatoes. Pour over the macaroni and serve hot. Less nut milk and more tomato may be added if desired.

MACARONI WITH ZWIEOLA.

Boil the macaroni in salted water until tender; drain, and place a layer of it in a pudding dish. Sprinkle over it a little zwieola, and add another layer of macaroni, and so on, having a sprinkling of zwieola on top. Cover it with nut cream and, if desired, 1 egg may be added to the cream. Place in the oven, and bake.

MACARONI WITH EGG SAUCE.

Cook the macaroni as in the recipe for boiled macaroni; drain, and pour over it the following sauce: Heat 1 pint of nut milk to boiling. Take 1 teaspoonful of white flour, and dissolve in a little cold water, add the yolk of 1 egg and a little salt. Beat well, and stir into the nut milk, which should be boiling gently. Pour over the macaroni, mix, and serve hot.

MACARONI WITH CORN.

Boil 1 cup of macaroni which has been broken into inch lengths, in boiling, salted water until tender. Drain and add to it 1 cup of corn cut from the cob or 1 cup of canned

corn, a little salt, 2 tablespoonfuls of zwieola, 1 egg well beaten, and $1\frac{1}{2}$ cups of nut milk. Mix thoroughly, and bake in a granite pudding dish.

MACARONI WITH NUTMEATO.

Boil the macaroni as in the recipe for boiled macaroni, then drain and put a layer of it in the bottom of a pudding dish, then put over it a layer of nutmeato which has been grated or put through a sieve or vegetable press, then a sprinkle of minced parsley leaves, then another layer of macaroni, and so on, finishing with nutmeato on top. Pour over it enough nut milk to moisten it, and bake in the oven.

CORN.

Corn contains about three times as much fatty matter as the other grains. It is not so easily digested as wheat, and is not a suitable diet for some stomachs. Corn contains 9.7 per cent. of albuminous elements, 69.5 per cent. of starch, 3.8 per cent. of free fats, and 1.3 per cent. of salts, making a total nutritive value of 84.3 per cent. Corn should be cooked a long time in order to make it more digestible.

CORN MUSH.

Mix thoroughly together 2 cups of corn-meal, 2 tablespoonfuls of white flour, and 1 pint of warm water. Turn this mixture very slowly into 1 quart of boiling water, stirring constantly, and being careful that it does not cease boiling. Cook in a double boiler three or four hours. The common idea that corn-meal mush can be made in a few minutes is what has ruined many a stomach, and made many life-long dyspeptics.

CORN-MEAL AND WALNUTS.

Into 4 cups of boiling water stir 1 cup of corn-meal; continue stirring until it is smooth and quite thick. Then add 1 cup of walnut meal, and pour it into a well-oiled bake-pan, and steam it for six hours. Then place in the oven a few minutes to brown on top. Cut it in slices, and serve with a nut gravy.

POP-CORN.

Pop-corn is the smallest of the maize family, and contains more oil than the other varieties. When oils are heated to a certain degree of temperature, they turn into gas, which, although very light, occupies a great deal more space than the oil. As it can not escape through the hull of the kernel, the pressure finally becomes so great that it bursts the kernel, and the explosion also bursts the starch cells, and makes it easy of digestion. For this reason, pop-corn forms an excellent food. Ground pop-corn is excellent eaten with nut milk, and can be used in making mushes and puddings.

POP-CORN POPPED.

Shell the corn from the cob, and remove the chaff in the wind by pouring from one dish to another. Then place in Family Peanut Roaster, and set over a gasoline burner or gas-stove, and turn the crank until the corn is popped.

HOMINY AND NUTS.

When hulled corn or hominy is nearly done, stir into it 1 cup of nut meal to each quart of the hominy. The meal made from any nuts may be used, or a mixture of several kinds of nuts.

PEANUTS AND HOMINY.

Soak together equal quantities of hominy and blanched peanuts in water overnight. Put on the stove early in the morning in the same water, and when they have boiled an hour or two, or until the water begins to thicken, put them in a double boiler, and let them cook eight or nine hours.

BROWNED MUSH.

Take mush that is left from the previous day and cut into slices about one-half inch thick ; dip first in a beaten egg to which has been added 1 tablespoonful of nut milk, then roll in a mixture of corn-meal, pine-nut butter, and a little salt, thoroughly mixed. Place on a tin, and bake in a quick oven.

NUT HASH.

Any cold cereal, as rice, barley, hominy, grits, etc., chopped with an equal quantity of hazelnut meal, and a little water added, cooked in the oven for an hour, makes a good change. Use Brazil-nuts with rice or sago, almonds with tapioca or pearl barley, pecans with hominy or grits.

FOR NEW RECIPES.

FOR NEW RECIPES.

UNLEAVENED BREADS.

UNLEAVENED breads are those made light without the use of yeast, baking-powder, or soda. Since they are the most healthful of all breads, it would be of benefit to mankind if they were in more general use.

The principle in making these breads is to incorporate as much air as possible into the dough, that when it is baking the air may be expanded by the heat, and cause the bread to be light and porous.

Bread which is raised with baking-powder or soda should never be eaten, as it is alkali, and destroys the effect of the gastric juice, thus preventing it from doing its work of digesting the food. Unleavened breads are better than breads raised by yeast; for they contain no yeast germs. The strong stomach can destroy these germs, but in the weak stomach there is danger of their increasing, and causing fermentation.

THE NUT-BUTTER MILL AS A KNEADER.

In making the unfermented breads, it will be found of great advantage to run the dough through the nut-butter mill twice or more, instead of kneading by hand as directed in the recipes. At first thought, it may seem that it would be a more tedious process; but experience will demonstrate that a half-hour with the mill will produce a much finer-grained and a more tender bread than the same time spent in kneading by hand.

For this work, adjust the mill more loosely than for grinding nuts.

WATER GEMS.

Take $\frac{1}{2}$ cup of nut meal, 1 cup of ice-cold water, and whole-wheat or graham flour sufficient to make a batter. Beat thoroughly for from five to ten minutes. Bake in hot gem irons in a quick oven.

GRAHAM GEMS.

Beat together very thoroughly 1 pint of any kind of nut milk, the yolk of 1 egg, and a pinch of salt. Then add $2\frac{1}{4}$ cups of graham flour, adding a little at a time, and beating in order to incorporate as much air as possible into the mixture. When light and foamy, fold in the well-beaten white of the egg. Turn into gem irons which have been heated, and bake in a rather quick oven for from forty to sixty minutes. Part whole-wheat or white flour may be used instead of all graham if preferred.

RAW PEANUT-BUTTER GEMS.

Take $\frac{1}{2}$ cup of raw peanut butter, $1\frac{1}{2}$ cups of cold water, 2 entire eggs, enough whole-wheat flour to make batter that will just pour readily. Dissolve the butter in the water, and place in a round-bottomed dish. Add to it the yolks of the eggs. Then beat the whites of the eggs until they are very stiff, and set in a cool place until the rest is ready. With an egg beater beat the milk and yolks until frothy; then add the flour a little at a time, beating continuously with a spoon or the egg beater used like a spoon, until the mixture is of the desired thickness. Then fold in the whites of the eggs. Do not beat, as that will allow the air to escape from the whites; but put the spoon down by the edge of the dish, and bring it up through the center. Pour into warm and well-oiled gem

irons, and bake in a hot oven. The oven should bake well from the top, so that a slight crust will form to keep in the air. Bake three fourths of an hour.

CORN GEMS.

Take 1 egg, $1\frac{1}{2}$ cups of any kind of nut milk, $\frac{1}{4}$ cup of sugar, 1 cup of white flour, and $\frac{1}{2}$ cup of yellow corn-meal. Beat the yolk of the egg, the sugar, and nut milk together. Mix the corn-meal and flour, and add a little at a time, beating constantly for five or ten minutes. The colder the material, the more foamy and light it will become. Then add the stiffly beaten white of the egg, and bake in gem irons in a moderately hot oven.

SALLY LUNN.

Take 2 eggs, 2 cups of cold nut cream (the colder the materials, the lighter the gems will be), to which add $\frac{1}{2}$ cup of sugar and $2\frac{1}{2}$ cups of graham flour. Beat yolks of eggs, cream, sugar, and salt together; add the flour slowly, beating continuously. Then beat vigorously for five or ten minutes, until it becomes real light and full of air bubbles. Then add the stiffly beaten whites of the eggs, and bake as other gems.

WHOLE-WHEAT GEMS.

Put the yolk of 1 egg into a large bowl or round-bottomed pan. Add to it $1\frac{1}{2}$ cups of any kind of nut milk, beating thoroughly until foamy with air bubbles, after which add a small quantity at a time, of whole-wheat flour, beating continuously, until 2 cups have been put in. Continue the beating for ten minutes more after the last of the flour has been added. After it has been beaten as directed, add the stiffly

beaten white of the egg. Do not beat after egg has been added, but turn at once into heated gem irons, and bake in a moderate oven for one hour. If properly made, they will be as light as bread made with yeast.

FILBERT GEMS.

Take 1 pound of filberts in the shell, remove kernels from shells, and grind to a meal. Beat 3 eggs thoroughly, add 3 cups of water, and beat in 3 cups of whole-wheat or graham flour, after which fold in the filbert meal, and bake in very hot gem irons in a quick oven.

CREAM PUFFS.

Take 1 cup of raw peanut cream, 1 cup of very cold water, 2 eggs, $2\frac{1}{2}$ cups of whole-wheat flour, and a little salt. Beat the yolks of the eggs, the water, cream, and salt together; then add the flour, slowly beating for about ten minutes; then add the stiffly beaten whites of the 2 eggs, folding them in, and bake in gem irons in a quick oven for nearly an hour. The cream from any nuts may be used.

DELICATE PUFFS.

Take 1 cup of very thick hickory-nut cream and 1 cup of real cold water, or two cups of thin cream; also 2 eggs, $\frac{1}{2}$ cup of sugar, $2\frac{1}{2}$ cups of whole-wheat flour, and a little salt. Beat the liquid, sugar, salt, and the yolks of the eggs together; then add the flour slowly, beating all the time. After the flour is in, continue beating for five or ten minutes, until it becomes light, and full of air bubbles. Then fold in the whites of the eggs, which should be beaten to a very stiff froth. Bake in hot gem irons for forty-five minutes.

CORN PUFFS.

Take $\frac{1}{2}$ cup of yellow corn-meal, 1 cup of fresh mashed potatoes, $\frac{1}{2}$ cup of nut milk, 1 egg, and a little salt. Pour the milk over the corn-meal. Add the potatoes, and mix thoroughly. Fold in the egg, which has been well beaten beforehand. Bake in gem irons in a quick oven.

CORN-MEAL MUFFINS.

Take 1 pint of warm nut milk, 1 teaspoonful of salt, 1 cup of white flour, 1 heaping tablespoonful of sugar, and $\frac{1}{2}$ cake of yeast. Grate or break the yeast-cake up fine. Mix it with the other ingredients, and add enough Indian meal to make a thick batter. Let rise overnight. In the morning add a little peanut oil; let rise again, and pour into gem irons only half full. Let rise a few minutes and bake.

RAISED WAFFLE BATTER.

Take 1 quart of sifted flour, $1\frac{1}{2}$ pints of warm nut milk, $\frac{1}{2}$ yeast-cake, 1 teaspoonful of salt, $\frac{1}{2}$ tablespoonful of nutcoa. Mix all together, and let rise overnight. In the morning add 2 or 3 well-beaten eggs, and beat into the batter. Let stand a short time, and pour into well-oiled, hot gem irons, and bake.

WHOLE-WHEAT PUFFS.

Take 2 cups of whole-wheat flour, $1\frac{1}{2}$ cups of nut milk (very cold), 2 eggs, $\frac{1}{2}$ teaspoonful of salt. Make a batter of the flour, milk, and salt, and beat for ten minutes. Then beat the eggs, the whites and yolks separately, and fold in. Pour into well-oiled, warm gem irons, and bake one hour.

GRAHAM PUFFS.

Take $1\frac{1}{2}$ cups of graham flour, 1 cup of white flour, 2 teaspoonfuls of sugar, 1 teaspoonful of salt, 1 large cup of nut milk, and 3 eggs. Make a batter with the flour, milk (cold), salt, and sugar. Beat the yolks until thick and creamy, and beat the whites until stiff and crumbly. Fold the yolks into the batter; then fold in the whites. Pour into warm, well-oiled gem irons, and bake one hour.

MILK GEMS.

Cook some raw peanut milk in a double boiler for two hours, and then set it in a cool place until morning. Then take $1\frac{1}{2}$ cups of the milk, 1 egg, a little salt, and enough flour to make a gem batter; put the yolk of the egg in the milk, beat well, and add the flour (whole-wheat preferable), beating it thoroughly for five or ten minutes; then add the stiffly beaten white. Pour into hot gem irons and bake nearly an hour.

SWEET POTATO GEMS.

Take $1\frac{1}{2}$ cups of mashed sweet potato, sift thoroughly through a sieve or colander, add 4 tablespoonfuls of flour, a little salt, 1 tablespoonful of nut cream, and 1 tablespoonful of malt or sugar; mix well, and add 2 cups of nut milk; beat, pour into gem irons, and bake. If the gem irons are not available, bake in the form of cakes on a griddle.

BEATEN BISCUIT.

Take 1 cup of water, 1 cup of raw peanut cream, $\frac{1}{2}$ teaspoonful of salt, and as much flour (whole-wheat) as can be kneaded in. Mix all together well, knead it very stiff, roll it out a little, sprinkle with flour, fold over, and beat with a

wooden potato masher or hammer, beating around the edges first, so as to keep in all the air possible. Continue this process until the dough is very elastic, and will give a sharp sound if a piece is broken off quickly. The same result will be obtained if the dough is pulled like taffy candy, instead of beating it, and it makes much less noise. When the dough is elastic, cut into small pieces about the size of a walnut, and roll into a round biscuit, then with the thumb and finger press a hole through the center of the biscuit; this will give it a chance to expand more, making the biscuit light. Place on perforated tins, and bake in a moderate oven for one hour.

RAW-BUTTER ROLLS NO. 1.

Take $2\frac{1}{2}$ cups of flour (seconds), $\frac{1}{3}$ cup of raw nut butter, $\frac{2}{3}$ cup of water, and a pinch of salt. Sift and measure the flour. Dissolve the butter in the water, working until it is smooth and creamy. Add the salt, and pour into the flour a little at a time, working it with a spoon or the hand as in making a suds of water and soap. This will make it foamy, and introduce more air into the mixture. When part of the cream has been wet with the flour, remove to the cake-board, and pour in more cream on the flour, and "suds" as before. When all the cream has been used, put the pieces together and knead thoroughly for ten minutes, after which roll it out into a roll as smooth as possible, and about an inch in diameter. Cut into any lengths desired, and bake in a moderately hot oven until thoroughly baked, which may require nearly an hour.

ROLLS NO. 2.

The following recipe can be varied by using whole-wheat, graham, or pastry flour; also, if preferred, a mixture of different kinds, as half graham and half white flour, which is better than all graham. Whole-wheat is considered the best.

To 1 cup of best whole-wheat flour, take $\frac{2}{3}$ of a cup of peanut meal, and about $\frac{1}{2}$ cup of water — enough to make a very stiff dough. Knead for ten or fifteen minutes, until the dough will make a snapping sound when a piece is pulled out quickly. Then roll with the hands until about three fourths of an inch in diameter; cut into desired lengths, and bake on roll bakers in a moderate oven for one hour.

ROLLS NO. 3.

To 1 cup of flour, take $\frac{1}{2}$ cup of almond meal, and nearly $\frac{1}{2}$ cup of water, which ought to make a very stiff dough. Knead for ten or fifteen minutes, form into rolls about $\frac{3}{4}$ of an inch in diameter, cut into desired lengths, and bake on roll bakers, in an oven moderately heated, until thoroughly baked. Nearly an hour will be required.

Almond butter or peanut butter may be used, if desired, in place of almond meal.

ROLLS NO. 4.

To 1 cup of raw peanut cream (use care not to have it too thick; and if it should be too rich, add an equal quantity of water), add a pinch of salt, and enough whole-wheat flour to make a very stiff dough. Knead until the dough becomes quite elastic, and will make a snapping sound when a piece of dough is quickly pulled off. The more stiffly the dough is kneaded and worked, the better the quality of the rolls will be.

ROLLS NO. 5.

Take $\frac{1}{2}$ cup of cocoanut cream, $\frac{1}{2}$ cup of cold water, a pinch of salt, and sufficient whole-wheat flour to make a very stiff dough. Whole-wheat flour is more nutritious than the white, as it contains more gluten, salts, and phosphate.

Lighter and crisper rolls can be made by its use. Knead the mixture until it becomes very elastic, and make into rolls about three fourths of an inch thick, and cut two inches long. They are better if baked on roll bakers, as the heat can reach them equally from all sides.

ROLLS NO. 6.

To $\frac{1}{2}$ cup of cream taken from chufa milk, add $\frac{1}{2}$ a cup of water, and a quantity of whole-wheat flour sufficient to make a stiff dough. Make the same as Rolls No. 4.

These are delicious, and also inexpensive, as chufas may be raised in nearly all sections of this country. See article on "Chufa."

ROLLS NO. 7.

Take $\frac{1}{2}$ cup of pine-nut meal, 1 cup of white or whole-wheat flour, a little salt, and enough cold water to make a very stiff dough. For further directions, see Rolls No. 1.

ROLLS NO. 8.

Any shortening most convenient and cheap may be used. Where pecans and hickory-nuts are plentiful, they may be used in the form of meal or milk and cream.

Take 1 cup of rich hickory-nut or pecan milk, 1 cup of flour, and a small amount of salt. Knead thoroughly. If the dough does not become real stiff, add more flour.

NUT ROLLS.

Take 2 cups of any cold cooked cereals, and add $\frac{2}{3}$ cup of nut meal. Mix thoroughly, and knead on a board until smooth and firm, using white or whole-wheat flour. Form into rolls about the size of the finger and bake on roll bakers in a moderately hot oven.

NUT CRISPS NO. 1.

Make dough as for Rolls No. 2 or No. 3. Roll out as thin as brown paper, cut into squares, and bake on perforated tins or roll baker until done.

CRISPS NO. 2.

Any dough used in the various kinds of rolls is suitable for making crisps. The dough made from the cream is excellent.

HICKORY-NUT CRISPS.

Take $1\frac{1}{2}$ cups of whole-wheat or graham flour, and thoroughly mix into it $\frac{1}{2}$ cup of hickory-nut meal. Add salt, and sufficient water to knead easily. Roll out as thin as brown paper, perforate the dough by means of a fork, in order to avoid blistering, and bake in a quick oven. Watch them closely to prevent burning.

NUT STICKS.

Make a dough similar to that for Rolls No. 2 or No. 3, and roll with the hands until it is about the size of a lead-pencil. Cut in lengths six inches long, and bake in the oven until a light brown.

STICKS.

* Any dough made for rolls will be equally good for sticks. The cream dough is especially good.

ZWIEBACK.

To make good zwieback, the bread from which it is made should be very light and porous. It should not be new bread or bread that is moist, as that kind of bread makes very hard and tough zwieback. Bread that is several days old, and that

has been in a place where it will dry out is the best for zwieola. Either graham or white can be used. Cut into slices about one half or two thirds of an inch thick ; place in a warming oven on a roll baker, or in the oven with the door open, so that it will thoroughly dry out before toasting. Then the doors may be closed. It should be toasted to a light brown. The slices can be cut one inch thick if desired, but the thinner it is the more brittle it will be.

UNLEAVENED BISCUIT.

Take 4 eggs, 4 tablespoonfuls of nut butter, 4 cups of granose flakes, salt to taste. Beat whites and yolks separately, and to the yolks add the nut butter and salt ; beat to cream, fold in the stiffly beaten whites ; last of all, quickly fold in the granose flakes, not waiting for every flake to be moistened. Drop in spoonfuls on oiled tins ; bake fifteen minutes, or until lightly brown ; $\frac{1}{2}$ cup of sugar may be used if desired.

NO. 1 GLUTEN.

Take 5 cups of water, 13 cups white flour (Pillsbury's Best is one of the best grades of flour to make this, as it contains more gluten than some grades.) Mix the water and the flour into a loaf, knead for ten minutes, and then put in a pan and cover with water. Let it stand an hour or more, then begin to work with the hands, washing out the starch. Wash thoroughly through several waters until the water is clear ; then wiping the gluten with a clean, dry cloth, cut into pieces like small biscuit, and bake in a moderately hot oven, being careful not to brown them too much, as that will make the gluten dark. Keep it where it is warm until it is thoroughly dried through, and grind through the mill. This will

be No. 1 Gluten, and usually costs fifty cents a pound. The water in which it was washed can be left in a pan (earthen) overnight; then turn off the water, and the starch which is in the bottom can be dried and used in making nutmeato, and for other purposes, instead of corn-starch.

NO. 3 GLUTEN.

Take 1 cup of No. 1 Gluten, 2 cups white flour, enough cold water to make a very stiff dough, and as little water as possible. Roll into thin crackers, bake in a moderate oven (but not brown), break into pieces, and grind in the mill. A grain mill is best, as it will make it finer.

YEAST BREADS.

HOP YEAST.

PLACE 1 handful of hops in a cheese-cloth bag, and boil in 2 quarts of water for fifteen minutes; then remove the bag, and pour the boiling tea over 1 pint of white flour, to which has been added 1 tablespoonful of salt, pouring slowly at first in order to have it smooth and free from lumps. If at all lumpy, strain, and when lukewarm, add 1 cup of liquid yeast or $\frac{1}{2}$ cake of compressed yeast, and set in a warm place to rise. When light, put in glass cans, and keep in a cool place.

FRUIT YEAST.

Take 1 cup of raisins, wash them well, and put them to soak in $1\frac{1}{2}$ pints of warm water, keeping them in a warm place for two or three days, or until fermentation takes place, which can be told by the bubbles on top of the water. Then make a potato yeast by boiling 4 good-sized potatoes until tender; mash fine, or sift through a colander or vegetable press. Add 1 teaspoonful of salt, 1 tablespoonful of sugar, and when cooled to blood-heat, add enough of the raisin water to make of the right consistency, which will be about 2 cupfuls. Let it rise until light, and then put in clean glass cans, and keep in a cool place. It is better to be a few days old before using.

POTATO YEAST.

Peel 4 good-sized potatoes, boil, and mash them. Add to them 2 tablespoonfuls of sugar, $\frac{1}{2}$ tablespoonful of salt, $1\frac{1}{2}$ cups of water, and sift through a sieve to remove all lumps.

When lukewarm, add $\frac{1}{2}$ cup of good yeast, and let stand until well risen; then put into sterilized glass cans, and keep in a cool place.

QUICK YEAST BREAD.

The potato yeast is the best for bread making, as the bread keeps moist longer, and there is no danger of injuring the flavor of the bread by using too much. A fine-grained and very sweet bread may be made by raising the dough only once, thereby saving time, trouble, and what is far better, the sweet flavor and nutrition of the bread. But in order to have this bread successful, the yeast must be good and lively.

To make 3 loaves, take 3 quarts of flour, 1 small tablespoonful of salt, 1 quart of milk-warm water, 1 pint of potato yeast or 1 cake of compressed yeast. Sift the flour into the bread pan, and form a hollow in the center; put in the salt and pour in the water, constantly stirring with one hand until a thin batter is formed; then add the yeast, and mix thoroughly until a stiff dough is formed. Then take out on the bread board, and knead thoroughly for twenty minutes or more, flouring the board to keep it from sticking. Form into loaves, put into well-oiled pans, rub over the top a little peanut oil, and let it rise until about twice its first size. Then put in a moderate oven and bake one hour. The loaves should not crust over for the first twenty minutes, and during this time they should rise to double the size of the loaf that was put in the oven. The pan should be deep enough to retain them in shape; then the temperature of the oven should be raised to six hundred degrees for about twenty minutes; but the last twenty minutes should be quite moderate.

YEAST BREAD NO. 1.

Dissolve 1 cake of compressed yeast in 1 pint of warm water, or 1 cup of good liquid yeast ; and thicken with white flour (like Pillsbury's Best) to make a medium stiff batter. Set this sponge at nine o'clock in the evening, in a dish large enough to have plenty of room to rise. It should be kept at a temperature of about sixty degrees. If kept too warm, it will be apt to fall before morning. In the morning add 1 pint of warm water in which has been dissolved 1 heaping tablespoonful of nut butter. Almond butter is preferable, as it will not make the bread yellow ; if peanut butter is used, the peanuts of which it is made should not be roasted very brown,—only a straw color. Add also 1 tablespoonful of sugar and 1 teaspoonful of salt. Mix thoroughly with the sponge, and lift it up, working in the flour and pulling it at the same time. Do not add enough flour to make it very stiff ; but pull it until it is very elastic and the hand becomes clean of the dough. Then set it to rise the second time. When light, mold into loaves, kneading as little as possible. Flour them, and put into oiled tins. The loaves should be as soft as can be lifted into the tins. Let stand in a warm place until twice their original size, and bake in a moderate oven. The loaves should not crust over for the first twenty minutes ; then it should have a hotter fire for twenty minutes ; and then a more moderate fire for the last twenty minutes. It should bake one hour.

GRAHAM BREAD.

It is always best to set the sponge with white flour, for the graham flour is more likely to sour, as it contains more gluten. When both kinds of bread are to be made, some of the white sponge may be taken for making the graham bread.

To 1 pint of the sponge, add 1 pint of warm water, 1 teaspoonful of salt, and 1 of malt extract. Add enough graham flour to make a rather stiff dough. Pull or knead for half an hour. Form into loaves, oil with nut oil, and when they have risen to twice their original size, place in the oven and bake for one hour. The oven should be moderate for the first twenty minutes, to give the bread a chance to rise before a crust forms; then the oven should be hot for twenty minutes, that all the yeast germs may be killed; and then moderated at the last, so to not burn the crust. When done, remove from the tins, and set in a draft, on a tin or a plate, until cool.

STEAMED GRAHAM BREAD.

Take $3\frac{1}{2}$ cups of graham flour, 2 cups of corn-meal, 3 cups of nut milk, 1 cup of malt extract, 1 teaspoonful of salt. Mix the nut milk, salt, and malt together; then mix the corn-meal and flour, and stir into the liquid. Put into basins or baking-powder cans, and steam for two and one-half hours. Then brown in the oven for fifteen minutes.

SALT-RISING BREAD.

Take a perfectly clean bowl, and one that has not had any acid substance like cooked fruit in it. Put in it 1 cup of warm water, $\frac{1}{2}$ teaspoonful of salt, 1 teaspoonful of corn-meal, 1 drop of ginger extract, and enough white flour to make a medium thick batter. Beat it very thoroughly, and set the bowl in a pan of warm water to secure a uniformity of temperature. It will rise in about five hours, sometimes more quickly. Much depends upon the flour. When it is light, take a pint of quite warm water, and add enough flour to make a rather stiff sponge. When lukewarm, add the rising, stirring it in well. If kept in a warm place, it ought

to be light in one or two hours. When light, knead into loaves. It requires much less kneading than yeast bread. When the loaves have risen to twice their original size, bake in a moderate oven for nearly an hour.

BROWN BREAD.

Select good wheat from the granary or grist-mill, wash it, and remove all foreign substances. Soak it overnight. Put it in a cloth sack, and steam it until plump, but not soft. Spread thin on tins, and roast in the oven until well dried, and somewhat brown. Grind through the mill, not making an effort to have it very fine. It should be rather coarse.

To 1 quart of caramel-cereal coffee, add 2 level table-spoonfuls of nut butter. When boiling, stir into it $\frac{1}{2}$ cup of rye flour, $\frac{1}{2}$ cup of corn-meal, $\frac{1}{3}$ cup of sugar, and a pinch of salt, all of which have been well sifted together. When again boiling, remove from the fire, and stir into it enough of the prepared wheat to make a very stiff substance. Compactly press into an oiled pan, cover, and steam three hours. Dry in the oven a few minutes, and serve hot.

STEAMED BROWN BREAD.

Take 1 cup of malt extract, 1 pint (2 cups) of nut cream (raw peanut). This must be quite thin cream. If thick cream is used, use half water. Take 1 cup of white flour, 2 cups of corn-meal. Heat the thin cream in the double boiler until it is hot; but it is not necessary to cook it. Then add the corn-meal and malt, and lastly mix in the white flour. Steam for three hours, and then place in the oven to brown for a little while. The cream of any nuts may be used, or the cream made from the diluted nut butter. Sugar may be used instead of malt if desired.

STEAMED YEAST BREAD.

The great objection to yeast bread is the yeast germ which it contains. In baking, the cooking process can not be continued long enough to kill all the germs ; but by steaming the bread instead of baking it, the cooking can be continued for two or three hours, or even longer. Any yeast breads may be steamed. After removing from the steamer, place in the oven to brown.

Breads cooked in this way are very light, and much sweeter than when baked.

MUSH BREAD.

Take 4 cups of hot water, put in the inner cup of a double boiler, and set on the stove until it boils. Then stir in 1 cup of corn-meal, adding a little salt if desired. Let it boil until it thickens, and then place in the outer part of a double boiler, and cook for two hours. Pour the mush while hot over 1 quart of graham flour, and mix well. When cool, add 1 pint of sponge, $\frac{1}{2}$ cup of malt extract, and 1 teaspoonful of salt. Mix thoroughly, adding more flour if needed, and knead ten or fifteen minutes. Make into loaves, having only one loaf in a pan, and let rise. Bake in a moderate oven. This recipe will make two loaves.

CHESTNUT BREAD.

Make a sponge as for white bread, using good white flour. When perfectly light, add a little salt and enough of chestnut flour to knead well. After kneading it thoroughly, form into loaves, put into well-oiled tins, and let it rise until twice its first size, and bake in a moderate oven for one hour.

RAISED BISCUITS (LIGHT).

Take 1 quart of sifted flour, 1 pint of warm nut milk, $\frac{1}{2}$ cake of yeast, 1 teaspoonful of salt. Set at nine o'clock at night. In the morning push it down with a spoon. When light again, pull for ten minutes, using as little flour as possible. Make it into small biscuits; place on an oiled pan a little distance apart. When very light, bake fifteen or twenty minutes.

PARKER-HOUSE BISCUIT.

Take 1 quart of sifted flour, 1 pint of warm nut milk, 1 tablespoonful of white sugar, 1 teaspoonful of salt, nutcoa one half the size of an egg, and $\frac{1}{2}$ cake of yeast. Sift the flour in the bread pan, add the sugar, and peanut oil which has been beaten together to a cream; then add the warm nut milk and the yeast dissolved in the milk. Add salt. Do not stir, but let rise until evening, then mix all together, and knead for twenty or twenty-five minutes. Let rise overnight. In the morning form into biscuits, and when perfectly light, bake fifteen or twenty minutes.

RAISED BISCUIT.

Take $\frac{1}{2}$ of a compressed yeast-cake, and dissolve in 1 pint of warm (but not hot) water. Add a pinch of salt, and white flour enough to make a stiff batter. Put in a warm place to rise. When light, add more flour to make a stiff dough, and a little sugar if desired, and let rise again. When light the second time, work in 1 cup of peanut oil. Make into biscuits of desired size, and let rise until very light; then bake in a moderate oven. Seedless raisins may be added if desired.

BREAKFAST BUNS.

Take 3 cups of nut milk, $\frac{1}{2}$ cup of sugar, 1 teaspoonful of salt, 1 cake of yeast, and flour sufficient to make a stiff batter. Let it rise overnight. In the morning take $\frac{1}{2}$ cup of almond or peanut meal, or $\frac{1}{4}$ cup of peanut oil; mix thoroughly with the batter, pulling it for ten minutes. Beat 2 eggs, the whites and yolks separately. Add them to the batter. Finish like preceding recipe.

STEAMED BUNS.

Make the buns the same as other buns for baking, but steam them in the steam-cooker for two hours. The long cooking kills the yeast germ, and makes them easier of digestion. They should be put in an oven and browned after being taken from the steamer. They are most excellent if the sponge is set with thin raw peanut cream; and when made into buns, knead in some whole nuts, such as hickory-nuts, pecans, walnuts, butternuts, or any kind of fruit desired, as raisins or currants.

RAISED POTATO ROLLS.

Take 1 pint of mashed potatoes, 1 pint of nut cream, 1 compressed yeast-cake (1 ounce), 1 teaspoonful of salt, and flour enough to make a moderately stiff batter. Mix the potatoes, cream, yeast, and salt, and then add the flour. Cover the bread pan, and put in a warm place to rise. If too hot, the sponge will scald; therefore the pan should never be put where the hand can not be held with comfort. When the sponge is light, add more flour to make it stiff enough to knead without sticking to the hands and board. Knead for ten or fifteen minutes, then roll it out about half an inch thick, and cut with a biscuit cutter. Lay two together, and

put them in an oiled baking pan, and let them rise to twice their height. Then brush the tops with peanut oil, and bake in a moderate oven about twenty minutes.

Sweet potatoes mashed may be substituted for the Irish potatoes if desired.

VERY FINE BUNS.

Take 4 cups of white flour, $\frac{1}{2}$ cup of sugar, 1 cup of nut cream made from almond butter or cocoanut cream, 2 eggs, $\frac{1}{4}$ cake of compressed yeast, and $\frac{1}{4}$ pound of seedless raisins. Make a batter of the milk, yeast, and enough of the flour to make it quite thick. Set it in a warm place, and when perfectly light, add the salt, sugar, and the eggs, which should be well beaten. Flour the raisins before adding, and knead in the flour. More flour may have to be added, unless the Minnesota spring-wheat flour is used. Knead well, and form into small buns. Set in a warm place to rise. When very light, brush the top with a little nut milk to give it a glossy appearance, or sprinkle sugar over the top; and bake in a moderate oven.

RAISED CORN-MEAL CAKE.

Take 2 cupfuls of corn-meal; 2 cupfuls of flour, $\frac{1}{2}$ cake of dry yeast or 1 gill of liquid yeast, 1 tablespoonful of flour, 1 teaspoonful of salt, and warm water enough to make a thick batter. Rise overnight, and bake in shallow pans.

SHORTCAKES.

To 1 pint of warm water, add from $\frac{1}{3}$ to $\frac{1}{2}$ cake of compressed yeast or its equivalent in some other kind. Use sifted flour sufficient to make a stiff sponge. It will rise in three or four hours if kept at a temperature of eighty-five degrees. When it is well risen, add 1 tablespoonful of nut

butter, a little sugar, and enough more flour to make a dough as soft as can be conveniently handled and rolled. It should be rolled in layers not more than one half an inch thick, two of which may be baked on the same tin, if a trifle of fat of some kind be applied to the top of the lower one to prevent their sticking together. Let them rise until very light, and bake until well done. If the top crust seems rather hard, moisten it with a wet cloth in milk or a thin emulsion of nut butter. Turn the upper one over on to a plate, and spread it with the prepared fruit, which may be berries of any kind, sweetened to suit the taste. Put the other crust on top, covering it with a layer of the fruit. It may be served hot or cold. If plenty of fruit be used, there will be no need of cream or any other dressing.

Shortcakes may be prepared the year round by using canned fruit or stewed dried fruit. If this be in large form like plums, peaches, etc., it is better to put it through a colander before using. It will many times be found advantageous to combine acid fruit with one naturally sweet, thus saving the use of dyspepsia-producing cane-sugar.

APPLE SHORTCAKE.

Take 1 cup of some good white bread sponge, add the yolk of 1 egg and $\frac{1}{4}$ cup of thick raw peanut cream. Mix well together, and add enough flour to roll out well. Roll out a little less than one half an inch thick, and place on an oiled tin. Put on the top some tart apples which have been pared, cored, and cut into eighths. Set in a warm place, and let it rise. When light, cook in the steam-cooker for one hour; then remove, sprinkle with sugar, or cover with a meringue made of the white of 1 egg, 1 tablespoonful of sugar, and beaten to a stiff froth. Put it on roughly, so it

will be in little piles and bare places where the apple will show through. Place in the oven, and brown slightly. Serve with a cream made from cocoanut.

RAISED CANNELONS.

Take 1 cup of bread sponge, and add $\frac{1}{4}$ cup of thick raw nut cream and 1 egg. Work well together, and add flour to roll out well until about one fourth of an inch thick ; then cut



RAISED CANNELON.

into strips nearly an inch wide. Select a small, round stick the size of a small broom handle, wash until clean, dry, and wrap it in an oiled paper. Then take the strips of dough and wind them around the stick, twisting as you wind them, taking pains to have them come close together and uniform in size. Make the cannелons from five to seven inches long,

leaving enough of the stick exposed so it can be easily pulled out when the cannelon is cooked. When all is ready, oil the outside, and place them on an oiled tin or tins far enough apart so they will not touch ; cover with a clean napkin, and let them rise until real light. Then place in a steam-cooker, having the water in the cooker cool when the dough is put in, so they will cook slowly at first, and give them a chance to rise. Steam for one hour or longer if desired. Then remove from the steamer, and put in the oven until of a nice yellow brown ; remove from the oven, and take out the stick while the cannelon is still warm. When cold, wrap the cannelons in a bread-cloth, and put in the bread-box or stone jar. They should stand twenty-four hours before serving. When ready to serve, fill the holes with a cream made from 2 cups of thin cocoanut cream, the whites of 2 eggs, $\frac{1}{2}$ cup sugar, a pinch of salt, and 2 tablespoonfuls of corn-starch. Heat the cocoanut milk in a double boiler, stirring it quite often to keep it from separating. When hot, add salt, sugar, and the corn-starch dissolved in a little thin cream. Let it cook for ten minutes, stirring quite often ; then add the eggs, which should be beaten well ; stir in well, and let it cook for a minute. Remove from the stove. When about cool, or before it stiffens, fill the cannelons. Let them get cold, and they are ready to serve.

The cannelons may be filled with jelly or any cream desired.

OYSTER SOUP AND DUMPLINGS.

Take 1 pint of raw peanut milk, and cook in a double boiler for two hours, stirring occasionally to keep it from being lumpy or from separating. At the same time the soup is put on, prepare some vegetable oysters by scraping, and cutting in diagonal, crosswise slices in such a way that the

slices will be larger and more the shape of an oyster. Place them in one side of a granite basin, and put the smaller parts of the oysters and the little ones on the other side of the dish. Put into a steam-cooker, and cook for one hour. When done, drop the large slices into the soup, and the little ones and small ends should be sifted through a wire sieve or a colander and then added to the soup. Add salt, and more water if it is too thick.

Have ready some raised dumplings. If the sponge is set early in the morning, they will be ready to put in the steam-cooker about half past ten. Take 1 cup of any good white bread sponge, add $\frac{1}{4}$ cup of quite thick raw peanut cream, and 1 egg (the egg may be omitted). Work all together, and add flour to form into very small biscuits. Place them far apart on an oiled tin. Put them in a warm place to rise. When more than twice their original size, put in the steam-cooker and cook for one and one-half or two hours. Cooking does not hurt them. When the soup is ready, put the dumplings into the soup, and let them stew together for ten or twenty minutes. The soup should not be too thick.

This is very nice.

FOR NEW RECIPES.

FOR NEW RECIPES.

SANDWICHES.

NUT-BUTTER SANDWICHES.

SPREAD thin slices of bread, with nut butter. Chop some dates, figs, or seedless raisins into a fine mass, and spread upon the buttered bread, placing upon this, buttered side down, another slice of bread. Crackers, wafers, or other kinds of bread may be substituted. The sandwich would be more dainty if the fruit were steamed.

DATE OR FIG SANDWICHES.

Steam fruit fifteen minutes after scalding with boiling water. Grind into a pulp, or else place them, as they are, upon slices of bread generously spread with nut butter. These, when laid closely in a baking dish, moistened with boiling water, and baked, make an excellent pudding, which should be served with cream, grape wine, or a sauce made of lemons or oranges.

ROLLED NUT-BUTTER SANDWICHES.

Cut lengthwise slices from a loaf of good, fresh bread. Spread each slice with peanut butter, or any other kind desired ; sprinkle on a little salt, and squeeze upon the slices a little lemon-juice. Celery salt may also be added. On top of these arrange some very crisp lettuce leaves, allowing the curly edges to extend beyond the edges of the bread.

Cut a piece of paper the size of the slice, or slightly larger, place the bread upon it, and by the aid of the paper roll the slice up, taking care not to roll in the paper, too. After having rolled the bread, encircle it with the paper, and tie it, allowing it to stand for a time, until it becomes pressed into shape, when the paper may be removed, and the sandwich fastened with two wooden toothpicks. Serve upon a plate or platter garnished with lettuce leaves.



ROLLED SANDWICHES.

ROLLED CABBAGE SANDWICHES.

Cut bread as directed in previous recipe, and spread with nut butter, sprinkling with salt. Take a good, firm head of cabbage which is white and tender, shave it off into thin slices, and put upon the bread, allowing ends of cabbage to

project beyond the edges of the bread. Prepare for serving in the same manner as in the foregoing recipe, fastening with toothpicks.

ROLLED NUTMEATO SANDWICHES.

In making these sandwiches, be careful not to have the bread too long, or the slices too thick, or the roll may be too large. Rolled sandwiches should not be too large to be readily eaten by biting through from the end. Cut the nutmeato very thin, and place it on top of the bread, already spread sparingly with nut butter and sprinkled with salt. Carefully roll, and fasten by means of toothpicks.

SWEET NUT SANDWICHES.

Take good figs, thoroughly wash, and grind through the nut mill, adjusting quite closely. Add enough hot water to the ground figs to make them spread easily. Then to 1 cup of this mixture, add 1 tablespoonful of nut butter made from walnuts, hickory-nuts, or pecans. Mix well, and spread upon thin slices of brown bread cut into squares. See index for Brown Bread.

NUTMEATO AND EGG SANDWICHES.

Take 1 cup of grated nutmeato, 2 hard-boiled eggs, salt, and celery salt to suit the taste. Sift the eggs through a fine wire sieve, add the grated nutmeato, and rub smooth with the back of a spoon. Add salt and celery salt. If too dry, moisten with a small quantity of nut milk. Cut the brown bread into quite thin slices, and with a cooky-cutter just large enough to take in all the slices excepting the crust, cut them into round pieces, and spread with the mixture. The slices should afterward be put together, two and two, in order to complete the sandwiches.

NUTORA SANDWICHES.

Cut the bread as directed in the previous recipe, and spread with nutora. Sift celery salt on top. A little lemon-juice may be added; but this makes the sandwich more difficult to digest. A very thin slice of nutmeato may also be put between the slices of bread.

NUTMEATO SANDWICHES.

Take suitable pieces of moist bread, or buns cut into thin slices, and spread with nut butter diluted with water sufficiently to spread readily. Sprinkle with salt, and place upon the whole a very thin slice of nutmeato. Season well with celery salt. Place on the slices some tender pieces of lettuce, arranging so that the curly edges of lettuce will extend beyond the bread. Butter another slice of bread, and put on top. With each sandwich serve a quarter of a lemon. Cut lemons into quarters by cutting from stem to blow end. Then, with the thumb at one end and the forefinger at the other, squeeze the juice out upon the nutmeato after lifting off the top slice of bread, just before eating. If preferred, the juice may be put upon the nutmeato before serving the sandwiches.

EGG SANDWICHES.

Chop together two hard-boiled eggs, 1 teaspoonful parsley, a sprinkle of celery salt, 1 teaspoonful of fresh almond meal, 1 teaspoonful of lemon-juice, and 1 teaspoonful of crisp celery. Spread on slices of bread, cut any shape desired, and serve. If the eggs are sifted through a sieve, instead of chopping, the mixture is much easier to spread.

BUTTERNUT SANDWICHES.

Spread slices of bread with salad dressing as given below, sprinkle with chopped butternuts, place two slices together, and cut any shape desired.

DRESSING.— Boil together $\frac{1}{2}$ cup of diluted lemon-juice, 1 teaspoonful sugar, some salt, $\frac{1}{2}$ cup nut cream. Beat separately the white and yolk of 1 egg; after which mix together and pour the boiling mixture over them, whipping them all the while. Heat in a double boiler, stirring until it changes to a creamy consistency.

GREEN SANDWICHES.

Chop parsley very fine, and stir it into the dressing given in preceding recipe. Spread upon the slices of bread, and lay between each sandwich a crisp lettuce leaf.

HOT APPLE SANDWICHES.

Take 1 cup good apple sauce, salt it slightly, sweeten to taste, and add a teaspoonful of raw nut meal which has previously been slightly roasted in an oven. Spread upon thin slices of graham bread, put the slices together, two and two, and serve hot. Other breads may be substituted for the graham.

Experiment on other combinations of nuts, fruits, and grains used as fillings for sandwiches. The result may be something far surpassing any printed recipes.

CRACKERS.

CRACKERS can never be very successfully made in the private family, as it requires machinery to knead them hard enough, and also to roll them out; but if one can not afford to buy crackers, very good ones can be made by following out the recipes here given.

In making crackers, knead in all the flour possible, and knead a long time. A man has better success than a woman, in making crackers, as strength is required to knead thoroughly and roll out the dough thin. Any shortening desired can be used. To make a good white cracker, the almond, pine-nut, or some of the cream of nuts, must be used. Raw peanut cream or cocoanut cream makes a very excellent cracker. Crackers should be thoroughly baked until they are dry all through. Allow them to cool before using.

WHITE CRACKERS.

Take 1 pound of white flour (4 cups), $\frac{1}{2}$ cup of almond butter, and $\frac{3}{4}$ of a cup of water. Dissolve almond butter by adding a little of the water at a time, and working well until all of the water is used. Add a little salt, and all the flour that can be kneaded in,—about 4 cups, although much depends upon the grade of flour used. Roll out until it is about an eighth of an inch thick, and then cut into squares, rounds, or diamonds, as desired; bake in a moderate oven until thoroughly done through, and slightly browned on top.

Any nut butter may be used instead of the almond butter. These crackers are excellent for soups.

WHITE CRACKERS NO. 2.

Take 1 pound of white flour (4 cups), 1 teaspoonful of salt, and 1 cup of raw peanut cream (see index). The cream should not be too thick, or the crackers will be too short and rich. Knead in all the flour possible, and continue kneading for a long time. Roll out to a thickness of about one-eighth inch, and cut into any desired shape.

Other kinds of cream may be substituted for the peanut cream,—as cocoanut cream, hickory cream, chufa cream, or pine-nut cream.

GRAHAM CRACKERS.

Take 1 pound (4 cups) graham flour, or, if preferable, $1\frac{1}{3}$ cups of graham flour and $2\frac{2}{3}$ cups of white flour; $\frac{3}{4}$ of a cup of water, $\frac{1}{4}$ cup sugar, 1 teaspoonful salt, and $1\frac{1}{4}$ cups of nut meal. Put together the sugar, salt, nut meal, and water. Mix the two kinds of flour well, kneading in all the flour possible. Work thoroughly for ten minutes, and roll one fifth of an inch thick. Cut into any shape desired, and bake.

Any nut meal may be used, as almond, peanut, pine-nut, or hickory-nut.

OATMEAL CRACKERS.

Take 1 pound of oatmeal (not the rolled oats), $1\frac{3}{4}$ cups of water, $\frac{1}{4}$ cup of sugar, $1\frac{1}{4}$ cups of nut meal, and 1 teaspoonful of salt. Mix the water, salt, sugar, and nut meal together, and knead in all the oatmeal possible. If desired, one-third white flour and two-thirds oatmeal may be used. Any nut meal may be utilized, as peanut, almond, pine-nut, or Brazil-nut.

OATMEAL CRACKERS NO. 2.

Take 1 pound of rolled oats, 1 cup of white flour, $1\frac{1}{4}$ cups of cold water, $\frac{1}{4}$ cup of sugar, and $1\frac{1}{4}$ cups of nut meal. Mix the flour, rolled oats, and nut meal together, adding the salt and sugar to the water. Knead the water into the flour, working thoroughly, and making the dough very stiff. Finish the same as other crackers.

OATMEAL CRACKERS NO. 3.

Take 2 cups of rolled oats, 1 cup of white flour, $\frac{1}{2}$ cup of raw peanut cream, $\frac{1}{4}$ of a cup of cold water, $\frac{1}{4}$ of a cup of sugar, and a small quantity of salt. Mix cream, water, sugar, and salt together. Mix the flour and rolled oats, and stir into the water and cream, kneading in all the flour possible. Finish the same as other crackers.

The cream of other nuts may be substituted for raw peanut cream, if preferable.

FRUIT CRACKERS.

Make a dough as directed for Rolls No. 2 or No. 3 (see index). Divide the dough into halves, and roll out each half until a little less than a quarter of an inch thick. Spread one half of the dough with raisins which have been seeded and ground through the mill; then place the corresponding half of the dough on top. Press together with a rolling-pin, rolling quite hard, and perforate part way through, at frequent intervals, with a fork. Cut into squares, or any desired shape, and bake in a moderately heated oven until of a light-brown color.

Ground figs or dates may be used in place of ground seeded raisins, if preferred.

FRUIT CRACKERS NO. 2.

Make a dough as for white crackers. Cut the dough into equal parts, and roll out a little less than a quarter of an inch thick. Spread one part with seeded raisins which have been ground through the mill, or ground figs or dates, after which place the other piece of dough upon the fruit. Press together with a rolling-pin, and perforate part way through, short distances apart, with a fork. Cut into squares, and bake in a moderately hot oven.

CROUTONS.

Something which requires mastication should always be eaten with soup. A very palatable as well as economical article is prepared as follows: Cut stale bread into cubes of convenient size, place on tins, and toast in the oven until light brown.

CORN BREAD WITH EGGS.

Chop $\frac{1}{2}$ cup of nut butter, either almond or peanut, with 1 quart of corn-meal. Add 1 teaspoonful of salt, 1 quart of cold nut milk, and the yolks of 4 eggs. Beat all to a smooth batter; then fold in the stiffly beaten whites of 4 eggs, pour into an oiled baking pan, and bake in a moderate oven for half an hour, or until a knitting-needle run into the thickest part can be withdrawn clean. The batter can also be baked in gem irons or oiled earthen cups.

GRANOSE WITH HONEY.

Take some granose and heat in the oven until nice and crisp, then take some honey in a spoon and slowly let it drip over the granose, tossing it up at the same time. Serve dry; it has a taste like popcorn balls.

Malt extract may be used in this recipe instead of the honey, also any kind of fruit juice — cranberry juice being especially nice.

ZWIEOLA AND HOT CREAM.

Put the zwieola into individual dishes, and pour over it a thin peanut cream with a little sugar and a very little salt added. The cream should be hot to make it nice. Serve as a breakfast dish.

RICE CAKES.

Take 1 cup of cold cooked rice, $\frac{1}{2}$ cup of nut milk, 1 egg, salt to taste. Beat the rice, milk, and yolk of the egg until they bubble, then fold in the stiffly-beaten whites, and bake immediately in cakes on a soapstone griddle. Serve like any griddle-cake.

The soapstone is the best for those who wish to make griddle-cakes without using grease of any kind.

PANCAKES.

Take $\frac{1}{2}$ cup of corn-meal, $1\frac{1}{2}$ cups of white flour, 2 cups of nut milk, salt to suit the taste, and 4 eggs. Mix the corn-meal and flour, add the salt and water, and beat thoroughly. Separate the eggs, beat the yolks until thick, beat the whites to a stiff froth, and fold into the batter. Drop a spoonful on a very hot soapstone, and spread it around with the spoon; when browned on one side, turn. Serve hot with maple syrup. Cakes can be baked on a common cake griddle without grease by rubbing the griddle each time with salt. It will give a nice brown coat without the objectionable grease and smoke, which is so annoying.

YEAST PANCAKES.

Set a sponge at night of 1 pint of water, $\frac{1}{2}$ cake of compressed yeast, or $\frac{1}{2}$ cup of liquid yeast, and white or buckwheat flour enough to make a thick batter. Cover, and put it where it will keep warm. In the morning it will be light and foamy; add salt, and if too thick, add warm water enough to make it of the right consistency; beat it in well, and set where it will have a temperature of eighty degrees. In an hour they will be ready to bake. Bake on a soapstone, or they can be baked on an ordinary pancake griddle by rubbing the griddle, after each baking, with salt and then brushing all the salt to one end. When baked in this way, there is no smoke, and the cakes are not greasy, but they have a nice brown coat.

POTATO CAKES.

Take cold mashed potatoes left over from the previous day, form into small cakes with the hands, roll in nut meal, and brown on the soapstone.

POPOVERS.

Take 2 cups of nut milk, 2 cups of whole-wheat flour, 1 teaspoonful of salt, and the yolks of 2 eggs. Beat the yolks until they are thick; stir the flour into the milk, and then add the beaten yolks of the eggs. Lastly add the whites of the eggs, which have been beaten to a stiff froth. Bake in hot, oiled gem irons. If these are not at hand, earthen cups set in a pan, and put in the oven until hot, will answer; then remove, oil, pour the batter into the cups, but only about one third or one half full, then return to a quick oven, and bake. When nicely browned, serve with nut butter or some nice malt extract.

FRUIT.

FRUITS consist chiefly of water, and for this reason are scarcely ever looked upon as nutrients. They contain a small amount of nitrogenous elements and agreeable acids, which are very useful in keeping the vital machinery in good working order. That they contain more nutriment than is generally supposed is proved by the fact that the natives of some countries live almost wholly upon fruit. The Arab, as well as his camel, lives principally upon dates. In some countries the inhabitants live almost exclusively upon bananas. Undoubtedly fruit was the principal article of food eaten by Adam and Eve while they remained in the Garden of Eden.

The large amount of water that fruits contain makes them an excellent article of food for summer, when the system requires more liquid, especially in dry countries where the water supply is scarce or impure. The water of fruits is absolutely pure, having been distilled by heaven's own process, and then canned and sealed by a skin that is impervious to germs. There is no danger of contamination from drinking it, as long as the skin is not punctured in any way. The juices of the watermelon, orange, lemon, and lime are among the best for drinking, and can be taken at any time, as they contain no nutriment excepting a little sugar; but the juice only should be taken, as the pulp, or cellulose, of fruit is indigestible.

But some fruits are very valuable as nutrients, and it is possible to live entirely upon them; among these are the prune, apple, date, fig, banana, and raisin.

Another very important element of fruits is their acids, which are valuable on account of their influence upon certain functions of the body; for example, upon the kidneys, acting as a natural diuretic; and also as a natural laxative, though not having the same effect as a laxative medicine, for fruit only produces a natural condition, and if the system is already in a natural condition, it has no effect. Perhaps the most important point in the use of fruits is the effect their acids have upon germs. It has been proved by repeated experiments and analysis that germs will not grow in fruit juice; therefore, the juices of fruits are natural disinfectants.

This does not apply to the juice of the lemon, lime, and orange alone, but the acids of *all* fruits are disinfectants to a certain extent, some more than others. The juice of one lemon in two glasses of water, if left standing fifteen or twenty minutes, will thoroughly disinfect it. Thus fruit can be of great assistance to travelers, as the water on cars and in waiting-rooms is often so impure that it would be dangerous to partake of it.

Three different kinds of acids are found in fruits: citric acid, malic acid, and tartaric acid. Citric acid is found in lemons, limes, grapes, and oranges; and malic acid is found in almost all acid fruits, but more abundantly in apples, cherries, plums, and pears. Tartaric acid is found in considerable quantities in the grape, and is present in small quantities in other fruits. In canned grapes, it is often found condensed in small chunks in the bottom of the can. In pie-plant, there is a poisonous acid called oxalic acid; for this reason pie-plant is unsafe to use; people have been made seriously ill by eating its leaves for greens. A very small per cent. of oxalic acid is also found in the tomato; for this reason it is not so good a food as some fruits, although it contains such a small amount that it is not usually felt.

The acids of fruits are digestible; that is, they change when entering the system, so that they do not have the effect that common acids do. Another element of fruits is the sugar which they contain. Some fruits contain a great deal more than others. Figs, dates, and raisins contain the most; but grapes, cherries, currants, and apples contain quite a percentage, although the acid hides it from the taste in some of the fruits, as is the case in the cherry and currant. Some fruits, as the plum, apricot, and peach, contain very little sugar.

The sugar which is found in fruits is the sweetest of all sugars, and in its natural state, when eaten with the fruit, is easy of digestion, being just what the system requires. Honey, which is nothing but the sugar of fruits, because it is taken from the blossoms, would be a much better and sweeter sugar than cane-sugar, if it were not adulterated. Sometimes bee keepers feed their bees upon a cheap grade of molasses, poor sugar, etc.; and sometimes when the blossoms of wholesome plants and trees are scarce, bees will gather honey from the flowers of weeds, or tobacco plants, and even collect the honey dew from oak leaves, which is only a secretion of an insect. If the pure honey from flowers could be obtained, it would be better than cane-sugar; but even then it would contain some of the pollen of the flowers and some germs.

There is another constituent of fruits, which, although it does not add to the nutritive value, holds the juices and determines the shape of the fruit, and that is the cellulose or woody fiber. In some fruits, this is very thin and easily broken up, as in the strawberry, but in others, it is quite tough, woody, and indigestible, as in the orange. It is better to reject the cellulose of such fruits. For sick people and those having weak stomachs, fruit juice is best, and can often be eaten where the fruit can not.

The use of fruit for curing disease is by no means a new idea. Pliny, the Roman naturalist, who perished in the eruption that destroyed Pompeii, mentions the grape-cure in his day. At the present time, the grape-cure is used quite extensively in France, Switzerland, and Germany, and has been tried to some extent in California. But curative properties are not peculiar to the grape alone, as there are the strawberry-cure, the peach-cure, the cherry-cure, and the apple-cure.

The reasons why fruit is so beneficial in cases of disease, are as follows: First, because they are disinfectants, clearing out the germs from the stomach and alimentary canal; second, they break up the waste substances so they can be eliminated by the kidneys.

Fruits are of great value in the treatment of fevers, sick headache, nervous headache, biliousness, Bright's disease, obesity, consumption, and intestinal disorders. Fruits are eaten with greater benefit, if eaten alone. If other foods are eaten at the same meal, great care should be taken in the combination. Fruit and vegetables do not combine well; fruits and eggs do not unless the eggs are raw; neither do very acid fruits combine well with grains, as the acids, if in too great a quantity, hinder the digestion of starch.

Fruits contain an abundance of water, a meager supply of albumen, sugar, acid, and cellulose; but no fats, except in the olive, and only a very small amount of starch, except in the green fruit. But fats, while nearly absent in fruits, are just what nuts can supply. In cold climates especially, the fats are very essential for producing heat in the body. The system can get along better without starch than fats. Nuts and fruits therefore make an ideal diet.

APPLES.

The apple is the fleshy fruit of a tree belonging to the rose family (*Rosaceæ*). The calyx of the flower becomes thick, pulpy, and edible at maturity, enclosing the seed-pod with seeds.

The apple has been cultivated and highly valued as a food from very early times. The Greeks and the Romans used the apple very extensively. Apples may be eaten raw, stewed, or baked. If they are eaten raw, they should be ripe and mellow, and care should be taken to masticate them thoroughly.

BANANAS.

The banana is the fruit of a large, herbaceous plant, closely related to the plantain, and cultivated in most tropical countries for its fruit, which grows in clusters of more than a hundred finger-shaped berries, upon a very large spike, or stem. When ripe, the rind encloses a nutritious and seedless pulp, which forms the principal article of diet of the natives, and is largely exported to cooler climates.

The United States imported 15,000,000 bunches during the year 1897, valued at \$20,000,000.

Bananas are very nutritious, a pound of good, ripe bananas being almost equal in nutriment to a pound of beefsteak. Bananas contain about five per cent. of albuminous elements, and twenty per cent. of carbonaceous.

The banana can be dried and made into flour; in this form, it has about twenty per cent. of albumen. The ripe banana contains only a small percentage of starch, and that is very easy of digestion. The unripe banana contains more starch, and should be cooked before being eaten.

CHERRIES.

The cherry is the fruit of a small tree or shrub belonging to the genus *Prunus*. The fruit is smooth and bloomless, enclosing a small, smooth seed. There are many varieties of the cherry, both of the wild and the tame. The sour cherry contains about nine per cent. of sugar, but this is almost entirely disguised by the acid which it contains. The sweet cherry contains about eleven per cent. of sugar. An eminent physician once cured a patient who had chronic diarrhea, by a diet of ripe cherries. This treatment was continued for several weeks.

CRANBERRIES.

The cranberry is the fruit of a small, slender vine growing in marshy places. The fruit is round or oblong and of a bright red color. The flesh is quite hard and firm, and is covered with a thick, waxy skin, which is germ- and water-proof. For this reason, they are long keepers; freezing spoils them if they are allowed to thaw, but if they are kept frozen until used, they are just as good. The skin is quite hard of digestion, and those having weak stomachs, would better reject them. The cranberry is quite acid, containing two and three-tenths per cent. It is not a very nutritious fruit, having a nutritive value of only four and one-tenth per cent.

The juice of the cranberry is excellent in cases of fever, diluted with water and used as a drink. It is also good in coloring puddings, frostings, soups, etc.

CURRANTS.

This fruit is indigenous to America, Europe, and Asia. It probably derives its name from Corinth, where it was grown extensively. It is a small, round fruit, red, white, and

sometimes black, growing in long clusters, or racemes, on low, thornless, scraggly shrubs. The fruit is quite sour, containing two and two-tenths per cent. of acid ; but it also contains six and four-tenths per cent. of sugar, so that it is very palatable eaten in the raw state without the addition of sugar. The juice of the currant makes a very pleasant drink, when diluted with water, and one that is very beneficial in cases of fever. It is also excellent for making jelly, as it contains considerable pectose, or the jelly-producing element of fruit.

DATES.

The date is the fruit of the date-palm ; the name is derived from *dactyl*, so named from its shape. Botanically, it is called *Phoenix dactylifera*, and it grows plentifully in the dry regions of Asia and Africa. The trees have lofty trunks with terminal feathery foliage. The fruit is borne at the base of the leaves, each tree yielding from one hundred to three hundred pounds.

What rice is to the inhabitants of some portions of Asia, dates are to the people of Africa. It forms the chief article of food in nearly all Africa north of the equator, as well as in Arabia. The Arab not only eats them himself, but feeds them to his camel and his horse. The date-palm not only furnishes the fruit, but the tree supplies building material and clothing to the native. The sap of the tree is very sweet, and is often made into a sugar ; but it is sometimes unwisely allowed to ferment, and is then called date wine.

The fruit of the date is very palatable and nutritious. In its dried state, as it is obtained in the market of this country, it contains a total nutritive value of sixty-seven per cent. ; of this fifty-eight per cent. is sugar, and nine per cent. is

albumen. On account of its sweetness, it is good to use with acid fruits, and it may also be used with good effect in sweetening cakes and puddings instead of sugar.

FIGS.

The fig is the fruit of a tree botanically called *Ficus Carica*. The trees are small, with large, green leaves, and pear-shaped fruit, which in color varies from a dark purple to a yellowish tinge. When ripe, the cultivated fig has a soft, sweet pulp, filled with very small seeds, and is much esteemed for food, both when it is fresh and when dried or preserved. It has been used for food from very ancient times, perhaps from the time of Adam, and is frequently mentioned throughout the sacred writings.

It is also used in the preparation of laxatives. In our markets, it is sold only in its dried state; but even when dried, it is excellent for puddings and sauces; it also combines well with nuts. It contains fifty per cent. of sugar, and four per cent. of albumen.

GRAPES.

The grape is the fruit of a vine belonging to the genus *Vitis*, of the Vine family *Vitaceæ*. It has long tendrils that aid it in climbing trellises; its leaves are large and glossy green. The flowers are very small and fragrant, appearing in the spring before the leaves. The fruit is borne in large clusters, varying in size and color, as well as in the amount of nutritive elements which they contain. Some grapes contain as high as twenty-two per cent. of sugar, and others very much less. The same is also true of the albuminous elements. One pound of the Malaga grapes is said to contain as much albumen as an egg, and about fifteen per cent. of

sugar. From this we see that the grape is nutritious, although the greater part of it is water ; this fact, however, makes it better for a summer food and more desirable for fever patients.

The grape-cure has been in use for many hundred years, and is considered very beneficial in some forms of dyspepsia. When a diet of grapes only is used, three or four meals in a day are not too many. The raisin, which is a sweet variety of dried grape, is very nutritious and useful in preparing many foods. They are excellent if ground and mixed with nut butter.

GOOSEBERRIES.

The gooseberry is the fruit of a shrub belonging to the same genus as the currant. The bush is a thorny shrub, and in its wild state yields a prickly berry ; but the fruit of the cultivated sort is smooth and luscious. They are generally used in their green state, when they contain malic and citric acids, and have a nutritive value of five or six per cent. The juice when diluted with water makes an excellent drink for summer.

HUCKLEBERRIES.

The huckleberry is the fruit of a small bush or shrub belonging to the Heath family (*Ericacæ*). They are also called whortleberries and blueberries. There are several species, the two principal ones in this country being the high-bush and the low-bush huckleberry. There is not much difference in the fruit of the two kinds. The berry is almost black, sometimes covered with a light-blue powder. The inside is light colored, and contains many small seeds. It is quite mild in flavor, and is excellent for those who can not eat acid foods.

LEMONS.

The lemon is the fruit of a tropical or subtropical tree, belonging to the Orange family (*Aurantiaceæ*). It is oblong in shape, with a protruding point at each end. The fruit is from two to four inches long, and when ripe is of a bright yellow color, slightly tinged with green. It contains no nutriment to speak of; the juice is very acid, and for this reason is highly valued for making drinks in hot weather, being especially valuable for fever patients. The citric acid which the lemon contains acts as a disinfectant in the stomach, killing the germs, and doing away with stomach washes. Very much lemon-juice should not be taken at meal-time, as acids, if taken in any considerable quantity, hinder the digestion of starch, by changing the saliva, which is alkaline, to an acid. For this reason lemon pies, puddings, cakes, and all other foods where starch is combined with the lemon, are not to be recommended. But egg-nog, made of the white of the egg and lemon-juice is all right, as the white of the egg contains only albumen.

LIMES.

The lime is the fruit of a tree belonging to the same family as the lemon, and very much resembling it excepting it is much smaller. In composition it is very much like the lemon, and can be used in the same way. The lime has been celebrated in all ages for the fragrance of its flowers and the excellence of the honey made from them. British sailors are furnished a weekly allowance of the extract of lime or lemon as a preventive of scurvy. It is also used as a medicine in some forms of dyspepsia.

MELONS.

The melon is not really a fruit, but in composition is as nearly allied to fruit as to vegetables.

It belongs to the Gourd family, and consists principally of water, having no nutriment except a little sugar. The pulp, or fibrous portion, is indigestible, and should be rejected. The juice forms a pure and healthful drink, being free from disease germs, if the melon is sound; but it is better to eat it at night or between meals, as any considerable quantity taken at meal-time would dilute the gastric juice, the same as would other liquids.

ORANGES.

The orange is the fruit of a tree very closely allied to the lemon and lime, but having a much larger and sweeter fruit. In nutritive value it is very low, only having six to eight per cent. of sugar; the remainder is water in a very pure form, enclosed in a tough pulp which is wholly indigestible and should never be swallowed. Physicians tell us that there is no harm in drinking an orange before going to bed.

PINEAPPLES.

The pineapple is the fruit of a tropical plant indigenous to South America. The plant only grows a few inches high, and is surmounted by a densely packed flower pike, which becomes the fruit. The leaves of the plant are coarse, fibrous, and thick, with prickly edges. The fruit consists of the consolidation of the raceme of berries with a bunch of leaves at the top, which is called the "crown."

When left on the plant until it is thoroughly ripe, it is very soft, juicy, and of a delicious sweet flavor; but as they are obtained in the markets here, they are too green and woody

to be easily digested, and only the juice should be used. Cooking, however, makes them more digestible. The pineapple is low in nutritive value, but it contains a digestive element very similar to pepsin, and is therefore an excellent medicine in some forms of dyspepsia. It also contains an acid which is a disinfectant, and the juice is considered an excellent gargle for the throat in diphtheria.

PEACHES.

The peach is the fruit of a tree belonging to the *Prunus* family. It opens its blossoms, which are rose-colored, early in the spring before the leaves appear. The trees grow from eight to twenty feet high, and have lanceolate leaves. The fruit grows from one to three inches in diameter, having a yellow, white, or reddish skin covered with a thick woolly down. The fruit is juicy and highly flavored. It has seven per cent. of albumen, four and five-tenths per cent. of sugar, nine per cent. of acids, and seven per cent. of salts; so it has not a very high nutritive value.

PLUMS.

The plum belongs to the same family as the peach, and resembles it in growth and leaves. The fruit is very similar in composition, but it has a smooth skin. The plum tree is more hardy than the peach, and will grow and produce fruit where the peach will not.

PRUNES.

The prune is only a sweet variety of the plum, which has been dried. When thoroughly cooked, they are very nice, and are sometimes eaten for a laxative.

PEARS.

The pear is the fruit of a tree called *Pyrus communis*, and belongs to the Rose family (*Rosaceæ*). The fruit is quite large and bell-shaped, being the largest at the blow end, and tapering toward the stem. When ripe, it is very juicy and delicious, but contains considerable cellulose, or woody matter. It contains four per cent. of albumen, eight and two-tenths per cent. of malic acid, three and three-tenths per cent. of pectose, and three per cent. of salts, making a total nutritive value of twelve and four-tenths per cent.

QUINCES.

The quince is the fruit of a shrub, or small tree, belonging to the Rose family (*Rosaceæ*). The fruit is from two and one-half to three inches in diameter; it is quite hard, acid, pleasant flavored, and fragrant, and is of a yellowish green color. It is never eaten in the uncooked state in this country, because the summers are not long enough for it to ripen; but in Crete, its native home, it ripens, when it is much easier of digestion.

RASPBERRIES.

The raspberry is the fruit of a trailing bush that very closely resembles the blackberry. There are many varieties of the raspberry; among them are the red, the black, and the white. They are a thimble-shaped berry, containing many seeds, which are surrounded by a juicy pulp that is subacid and has a very pleasant flavor. The raspberry is used in making jellies, jams, wine, vinegar, and brandy, besides being used in its uncooked state. The berries are sometimes given for an astringent, and are very beneficial.

STRAWBERRIES.

The strawberry is the fruit of a low-growing vine belonging to the Rose family (*Rosaceæ*). It is the most widely distributed of all the fruit-bearing plants, growing in very cold as well as in tropical countries. The fruit is the fleshy receptacle, which becomes very juicy and edible, and is of a bright red color. The fruit contains very little cellulose and is therefore easy of digestion. The strawberry contains the nutritive elements in the right proportion, and will therefore sustain life without other food, if a sufficient amount is eaten. It contains eighty-seven per cent. of water, and one and one-tenth per cent. of albumen, six and three-tenths per cent. of sugar, five-tenths per cent. of fats, nine-tenths per cent. of malic acid, five-tenths per cent. of pectose, and eight-tenths per cent. of salts, or about ten per cent. of total nutriment. This fruit is often used as a medicine. The strawberry-cure is quite as beneficial as the grape-cure.

PIE-PLANT.

Pie-plant is not a fruit, but is sometimes used in the place of it in sauce and pie. It contains water, woody matter or cellulose, and oxalic acid; and as the latter is very poisonous, pie-plant should not be used.

TOMATOES.

Although it is usually classed with vegetables, it more closely resembles fruit. It contains malic acid and a very little oxalic acid, but not enough to be injurious. It also contains one and six-tenths per cent. of albumen, two and five-tenths per cent. of sugar, three-tenths per cent. of fats, one and eight-tenths per cent. of acid, and six-tenths per cent. of salts, having a total nutritive value of six and five-tenths per cent.

FRESH FRUIT.

IN serving fresh fruit, it should always be that which is perfectly ripe and sound, and should be thoroughly washed and wiped dry. Fruit with decayed spots upon it, is diseased, and should not be eaten. It has a circulation similar to that of the human body; and when one part becomes diseased, the germs are transmitted to all parts, and it quickly decays.

Fruit is especially desirable in the summer, as it has a cooling effect, and supplies the extra demand for water; the acids in the fruit are disinfectants, and destroy all the germs in the stomach and intestinal canal. Indeed, if fresh fruit were more generally eaten during the spring months, there would be less sickness, and a much less demand for spring medicines.

There is no food that adds more beauty to the table than a nicely arranged dish of fresh fruit. Some bright oranges heaped upon a fruit dish which has been trimmed with some well-washed orange leaves (other kinds of leaves will do), make a very pretty dish. Another very artistic, unique, and appetizing way to serve oranges is to cut them in halves, placing them on a plate with the cut side up, and decorating the plate with leaves and orange blossoms. When served in this way, they are to be eaten with a spoon, eating only the juice. The woody tissue is indigestible, and should never be eaten.

Cherries also make an inviting dish, if washed and dried well, and heaped upon a plate, with a few clean cherry leaves around the edge of the plate.

STRAWBERRIES.

These may be served in the following manner: Select good, ripe strawberries that are a bright red color; wash well, but very carefully, so as not to mash the berries. Remove the hulls, and if the berries are the least sandy, wash again. Put into individual dishes, and pour over them a nut cream made from the cocoanut (see index for cocoanut cream), and serve without sugar, leaving each individual to sweeten to taste.

FRESH RASPBERRIES, BLACKBERRIES, AND HUCKLEBERRIES.

These may be served with the cocoanut cream the same as the strawberries. Any kind of nuts may be used, however, for the cream; such as the hickory-nut, peanut, or almond. They may be served, too, without any dressing.

CURRENTS.

The white currant is the sweeter, but does not make as pretty a dish as the red currant. This fruit is quite acid, and makes a more palatable sauce, if part of them are mashed and sweetened for an hour before serving. Take $\frac{3}{4}$ of a cup of sugar to 1 quart of currants which have been picked from the stems and have been well washed. Mash with a wooden potato masher or with the bottom of a tumbler. Let the fruit stand, to allow the sugar to dissolve and permeate the fruit. Currants may also be served without mashing and without sugar.

PLUMS.

Select good, ripe plums that are large in size and capable of being easily peeled. The peach plum, egg plum, and lumbard are good varieties to choose. With a very sharp, thin-

bladed knife, remove the skin. The pit can be removed from some varieties quite easily, by cutting the plum into halves. If they can be removed, do so; if not, serve whole, sprinkling with a very little sugar.

PEACHES.

Peaches make a very inviting dish, if, after the fruit has been wiped with a damp cloth, it is stacked upon a fruit plate, or served with other fresh fruits, as pears, plums, and apples. As a sauce, they are good when peeled, sliced, and served with nut cream (see index for cocoanut cream).

PEARS.

Fresh, ripe pears are an ideal table fruit. They make an artistic dish alone, or when served on a fruit plate with mixed fruits. Being so rich, juicy, and easily prepared, they are usually served in this way. But they are also very good if peeled, cored, and sliced, and served in individual sauce dishes, without sugar; or, if desired, they may be served with sugar and nut cream (see index for cocoanut cream).

GRAPES.

Grapes not only make a very inviting dish alone, and also when combined with other fruits, but they are so plentiful and cheap in almost all parts of the country, that they can be freely used every day during their season. A very artistic effect can be made in serving grapes by placing on the same dish the three different colors—the purple, the white, and the wine.

APPLES.

Nothing is more cheering on a cold wintry day than a dish of bright red apples. The apple and the banana are the two fruits most commonly used on the tables, as they can be

obtained for so many months in the year, in every part of the country. Well-matured, mellow, sweet apples make a very good sauce when served raw, if peeled, cored, sliced, and covered with cocoanut cream (see index).

BANANAS AND ORANGES.

Select good, ripe bananas. Peel and slice thin. Squeeze over them the juice of an orange, and sprinkle with powdered sugar. This dish is usually served cold, but for weak persons it is best not to have foods very cold; as, before digestion can take place, they must be warmed by the stomach, which of course diminishes the vitality, and is a tax upon the system.

PINEAPPLES.

The pineapple is a delicious fruit, and is of late years becoming so abundant and cheap that it is coming into more general use.

It is generally peeled, sliced, and sugared before it is sent to the table; but by this method the beauty of the fruit as well as much of its flavor and juices are lost. In England, where pineapples are always the greatest luxuries, they are cut in horizontal slices, with a very sharp, thin-bladed knife, the slices being kept together, and the crown left on the fruit, which is placed in the center of a dish of assorted fruit as the chief ornament of the dessert. The pineapple can then be served on individual dishes, accompanied with a dish of powdered sugar.

A very pretty and unique way of serving pineapples is to cut a slice from the top, removing the crown, and then with a silver spoon scrape out all the pulp possible, removing the core with a sharp knife. Sweeten the pulp to suit the taste, and pour back into the pineapple. The juice of another

pineapple may also be put in if one will not be sufficient. Then place on the crown, and put the filled pineapple on a low fruit dish or plate, placing plums or small, curled yellow bananas around it.

In serving, lift off the crown, and dish into individual sauce-dishes.

Select a good, ripe pineapple. With a very sharp knife, remove the skin and eyes; and slice very thin and in small shavings. Then take some very sweet Florida oranges, remove the outer peeling, separate into the natural divisions, and with a very sharp knife cut away the membranous skin surrounding the pulp. Place in a fruit dish in alternate layers with the sliced pineapples, dusting each layer with pulverized sugar. Then pour over all a rich cocoanut cream (see index); or, if desired, the freshly grated cocoanut may be used, putting it on in layers, as you do the pineapple and orange.

TO CAN FRUIT.

FRUIT canning is a very simple process, but if it is perfectly successful, certain principles must be followed : —

1. All germs must be killed and excluded.
2. Only good, sound fruit should be used.
3. Keep in as natural condition as possible.

Germs are the cause of decomposition, Then, in order that fruit may keep, all the germs which have settled upon it from the surrounding air and from the touch of fingers, must be destroyed. Fruit does not harbor as many germs as most foods ; this is on account of the acids which they contain. But in handling the fruit after the skin is removed, germs from the air will adhere and prevent its keeping, unless they are destroyed.

Another reason why fruit sometimes spoils, is because the germs that are in the empty cans are not all killed. This is the only reason why new cans will keep fruit better than old ones. When using old cans, they should be thoroughly sterilized. As soon as the fruit is taken out, the cans should be thoroughly washed, scalded in boiling water, then drained, by inverting and resting one edge on something to allow the steam to escape, and stored away without the covers on. The covers should be well cleansed so that all fruit be removed from every crease, and put away in a box in a dry place ; the rubbers should be tied with a string and kept where it is warm, as freezing injures the rubbers. The practise of putting the rubber in the can and screwing on the cover is not

to be recommended, as the air confined in the can decomposes. When cans are well taken care of, as previously described, they need only thorough washing and rinsing when they are needed for canning.

Only the best fruit is good enough to can. Partially decayed fruit is expensive at any price, as it is almost sure to spoil. Fruit spoils in different ways. Sometimes it ferments, becoming foamy, and begins to ooze out. This can be readily told by the looks; but again it will look all right, when the fruit has changed to vinegar; then sometimes it will have a musty taste. In any of these cases, it is unfit to use. Many whose sense and taste are not very acute do not detect the difference between good and spoiled fruit, and then can not understand why their stomachs give them so much trouble.

In canning fruit, it is usually best to put the fruit in before it is cooked. This is especially true of small fruits; as, strawberries, plums, etc. Indeed, all fruit looks a great deal better canned in this way.

Fill the cans full, and shake down as much as possible, then fill with a very thin syrup, put on the covers, but not the rubbers, and cook in a boiler with enough water nearly to cover the cans. Different fruits require different lengths of time for cooking. Strawberries only require twenty minutes after the water begins to boil. Pears, if they are hard, take two hours. When done, fill up with syrup, put on the rubber, and screw down tight. Invert to see if it is air-tight, and then set, with the cover down, on the table to cool. When cold, turn over, and tighten the covers if possible; and if it is fruit which fades, as strawberries, the can should be wrapped with brown paper, and then set in a dark, cool place. All fruit is better to be kept in a cool place.

STRAWBERRIES.

The first thing of importance in canning strawberries is to select good, sound fruit. Those that have been water-soaked by a heavy rain are not good for canning, as they will almost always spoil. The dark red strawberry holds its color better than the light red one, and is therefore preferable for canning.

Wash the berries by putting them in a wire basket, and dipping them into a large pail partly filled with water, lifting up and down to rinse off all the sand and dust; then remove the hulls, being very careful not to mash the berries. If they are still sandy or dirty, they can be rinsed again; but the less, the better, after the hulls are removed.

Fill the cans, and with one hand over the mouth of the jar, shake down as much as possible without jamming the fruit; then fill the cans with a syrup which is made by boiling 1 cup of sugar in 6 cups of water. Screw on the covers, leaving the rubbers off. Cook in a steam-cooker; or boil in a wash-boiler, by putting a rack made of lath in the bottom of the boiler so the cans will not come too close to the fire. Three or four thicknesses of cloth will also prevent the cans from breaking. Fill the boiler with cold water until the cans are about two thirds covered with it, cover tightly, and after the water comes to a boiling-point, let the berries boil twenty minutes. Then remove the boiler from the stove, and let cool for twenty or thirty minutes. Remove from the cooker or boiler, one can at a time. As soon as one is taken out, remove cover, fill can with boiling-hot syrup, put on the rubber, screw the cover down as tightly as possible, and invert the can. If the can is not air-tight, the juice will ooze out, or there will be a sizzling sound. When this occurs, try again, endeavoring to screw down the cover more tightly. If

this does not help it, the probable cause is in the cover. Very often the edges are turned up and made uneven; for the usual way of opening fruit cans is by running a thin-bladed knife around the can, between the rubber and the glass. This often results in the edge of the cover being bent upward; and when the cover is used the next fruit season, it should be hammered down. This may be done on the can, hitting the edge of the cover with a hammer. There is not much danger of breaking the cans, as when filled with fruit, they do not easily break.

When all are filled and tightened, set the cans on their covers until cold; then turn over, wrap in brown paper, and set away in a cool, dark place. The brown paper helps to keep them dark. Light fades all fruit to some extent, and strawberries especially are made lighter in color by the light.

If these directions are strictly followed, the fruit will not only keep well, but will be of a natural color and perfectly whole, making an attractive and inviting dish for the table.

RASPBERRIES.

The raspberry is a seedy fruit, and it is therefore necessary to select as large, pulpy ones as possible. Look over carefully. Wash by putting in a wire basket, and dipping in a pail of water. Then put into the cans, shaking down some, but being careful not to bruise the berries. Fill with a syrup made by boiling 1 cup of sugar in 7 cups of water. Screw on the cover tightly, leaving off the rubber. Cook in a steam-cooker, or common boiler, arranging the same as for canning strawberries, and cooking about the same length of time. Finish the same as strawberries, excepting the wrapping with brown paper, which may be left off if desired, as raspberries will not fade very much, if kept in a dark place.

CHERRIES.

Select good, plump fruit, and that which is not wormy. Wash well. Cherries can be pitted with a cherry-pitter, but they look much nicer if pitted by hand, as the machine lacerates them somewhat. To pit them by hand, use a common steel fork, inserting the tines into the cherry near the stem end, holding the fruit with the left hand, and pulling out the seed. If this be done carefully, the cherry will be almost as it was before, when whole. Some prefer to leave the pits in, but it gives them a peculiar "pitty" taste. There are seasons, too, when the cherries are very wormy, and it is difficult to distinguish between the good and the bad ones, unless the pit is removed. Put the fruit in the cans, and finish like strawberries, with the exception of cooking the cherries one hour. Use the same amount of sugar.

HUCKLEBERRIES.

Select good, large, fresh berries. Look them over carefully, rejecting all soft and withered ones. Wash well, and place in the cans, shaking down as much as possible. Fill the cans with a syrup made of 1 cup of sugar to 12 cups of water. Finish the same as strawberries, with the exception of cooking the huckleberries for half an hour after they begin to boil. When canned in this way, the berries remain whole, and look almost like fresh huckleberries.

BLACKBERRIES.

The blackberry, like the raspberry, is very seedy. It is therefore important that large, pulpy, ripe fruit be selected. Can the same as raspberries.

PEACHES.

The best peaches for canning, in most sections of the country, are the Early Crawford, Barnard, Golden Drop, Hill's Chile, and Late Crawford. It is always best to select the largest fruit; for although there are not so many peaches in a bushel, there are also not so many pits, and hence a bushel of large fruit will make more quarts than a bushel of small ones; and they are usually more juicy and better flavored.

To prepare for canning, wipe each peach with a dry cloth, rubbing off the fuzz as thoroughly as possible. Cut into halves, running the knife through the stem and blow end of the fruit. Remove the pit, pare each half, and drop into a clean can in such a way that the pit side will be downward, or toward the center. Drop them all in the same way, so that they will pack together closely. Crowd in all you possibly can; and as soon as one can is filled, set it in the refrigerator, or some other cool place, while you are peeling the rest. This will keep them from turning dark. When enough cans have been prepared to fill the boiler, fill up the cans with a syrup made by boiling 1 cup of sugar in 10 cups of water. However, if the peaches are very sweet, more water may be added. Screw down the covers tightly, leaving off the rubbers, and cook for one hour after the water boils. Remove, and finish the same as strawberries. Peaches do not need to be wrapped with paper. If different kinds are put up, it is always best to label them.

PEARS.

The Bartlett, Flemish Beauty, and Rostiezer are considered by many the best summer pears for canning. They should be ripe, but not soft. Wash well, peel, and cut in halves lengthwise, and with a sharp knife take out the

core and blow end. Then, unless they are too large to get in, put them in the can in halves, arranging them so that the inside is downward or toward the center. Pack closely, and fill the can with a syrup made by boiling 1 cup of sugar in 14 cups of water. Cook in a steam-cooker for two hours; then remove, fill up with boiling syrup, put on the rubber, screw down the cover tightly, and invert can to see if it is air-tight. If it is, place on the table, standing the can on the cover until it is cold. Then turn right side up, tighten the cover, if possible, and set away in a cool room.

PLUMS.

The best plums for canning, in most sections of the country, are the Damask, Green Gage, Lombard Peach plum, and Golden Drop. The Golden Drop plums are no more acid, when canned, than a peach; but the other kinds are quite acid.

Wash well, pack in the cans whole, and fill with syrup made by boiling 1 cup of sugar to 5 cups of water (the Golden Drop requires less sugar). Cook the same as strawberries, letting them cook, however, from forty minutes to one hour. If real ripe, they will become well cooked in forty minutes.

GRAPES.

The Concord is a very good grape for canning; but there are others equally as good among the purple varieties. The white, or green grapes are not usually so good and rich in flavor as the purple grapes.

Wash well, pick from the stem, and pinch off the skins, putting the pulps in one dish and the skins in another. Cook the pulps just enough to free the seed, and then sift through

a colander. Boil the skins in water until tender, and add to the pulps. Cook all together, and sweeten to taste. Pour into well-washed cans, and seal. The sugar may be omitted, the fruit being sweetened when the cans are opened for use, adding the sugar several hours before using, so it will become dissolved in the fruit.

APPLES.

The Snow apple is the best for canning ; but all varieties can be used. If the Snow apple is used, wash well and peel, cooking the peelings in a little water. Steam or boil the apples (which should be quartered and cored before cooking) until perfectly tender, but not mushy. Squeeze the juice from the skins, and add to the apples. Add 1 cup of sugar to each two-quart can of apples, and can while hot. The juice from the skins is red, and gives the canned fruit a pink color. The small Siberian crab-apples when cooked and sifted through a colander, are good canned, or dried on plates.

SWEET APPLES AND QUINCES.

The Talman sweet is the best sweet apple for cooking and canning. Wash, pare, and core the fruit ; prepare in the same manner half as many quinces. Place alternate layers of apples and quinces in the cans, continuing in this manner until the cans are full, having in them about twice as many apples as quinces. Fill the cans with syrup made by boiling 1 cup of sugar in about 10 cups of water ; and finish the same as strawberries, excepting the time of cooking, which should, in this case, be about one and one-half hours, or until tender. If desired, the sweet apples may be canned alone. They make an excellent sauce for spring, when sweet apples are scarce ; or they may be kept for years, and used in a year when apples are scarce.

PUMPKIN.

Select a good, ripe pumpkin, one which is fine grained. Peel, cut out all the stringy portion on the inside, and cut into small pieces. Cook in a kettle, adding a very little water; allow it to cook for several hours, and stir occasionally, to keep from burning. When quite dry, and of a dark color, put into cans that have been well sterilized, packing as tightly as possible. Put the rubber and cover on, and screw down cover tightly. Do not sift the pumpkin, for if it once gets cool, it will scorch before it will get hot enough again to can. The sifting can be done when the cans are opened.

SQUASH.

Select good Hubbard squash, being careful to take those having a very hard shell. Wash well, cut in pieces, and steam in a steam-cooker. When cooked, remove from the shell, and mash, seasoning slightly with salt. If too dry, add a little boiling water. Then fill the cans, packing down well, and pouring a little boiling water over the top. Put on the rubber, screw down the cover, and place in a steam-cooker or boiler, and cook for two hours.

COOKED FRUIT.

BAKED APPLES.

SELECT good, tart apples, wash well, and remove the core by inserting a new clothes-pin into the blow end of the apple, pressing the ends of the pin together while inserting, but letting them expand afterward; then turn the pin around, holding the apple firm; pull out the clothes-pin, and the core will come out. Fill the cavity with sugar, place in a granite pie tin, putting about 2 tablespoonfuls of water in the tin, and place in a moderately hot oven; bake until the apples are done, but not mushy. Remove from the oven, fill the cavities with the beaten white of 1 egg which has been sweetened with 1 tablespoonful of granulated sugar, place a blanched almond on the top of each, and return to the oven just long enough to cook the egg, which will require only two or three minutes. Serve hot or cold.

BAKED SWEET APPLES.

The Talman sweet apple is the best for baking. Select some that are about the same size, and not wormy. Wash well, leaving stem on. Put into a granite pie tin, with 2 tablespoonfuls of water, and bake in a moderately hot oven for three or four hours, until they are very soft clear through. They will then be sweet and juicy.

BAKED PEARS.

Select pears that are ripe and quite mellow, and of about the same size. Wash well, and remove cores with a sharp knife, cutting in from the blow end. Put in a granite basin or pie tin, with a little water added, and bake in a moderately heated oven until they are very tender, which will take from one to three hours, according to the mellowness of the pears. When thoroughly baked, set them upon the stem end, and fill the cavity where the core was removed with a meringue made of the white of 1 egg, 1 tablespoonful of sugar, and $\frac{1}{2}$ teaspoonful of vanilla extract. Then place on the frosting two or three pine-nuts, and return to the oven for two or three minutes to set the egg. They may be served hot or cold, and are far superior to baked apples.

BAKED BANANAS.

Select bananas that are not too ripe, strip off the peeling, and roll in an egg that has been beaten, afterward rolling in finely ground zwieback. Place them on oiled tins, and bake in the oven until nicely browned. As soon as removed from the oven, roll them in pulverized sugar, and serve hot.

BAKED PEACHES.

Select good, fine-grained peaches; peel, cut into halves, and remove the pits. Roll in a beaten egg and cracker-crumbs, the same as the baked bananas. Bake on an oiled tin until nicely browned, and then roll in pulverized sugar.

APPLE CUTLETS.

Take six good, tart apples, pare, and slice crosswise, having the slices about one fourth of an inch thick. Dip each slice into peanut cream, and roll in finely ground or grated

zwieback. Place on oiled tins, and bake in a moderately heated oven until nicely browned. If a fried appearance is desired, brush the top with peanut cream when they have begun to brown, using a piece of thin cloth for a brush. When done, sprinkle with pulverized sugar.

BAKED QUINCES.

Wash some ripe quinces, and bake until soft. When cold, strip off the skins, and roll them in powdered sugar. Serve cold, with or without nut cream.

BAKED APPLE SAUCE.

Pare, quarter, and core some mellow, tart apples. Place in a bake dish, and cover them so as to keep in all the steam. Let them bake until perfectly tender. Remove from the oven, and lay them in a glass fruit dish, dusting them with pulverized sugar as they are put in.

DRIED FRUITS.

SINCE self-sealing cans have become so cheap, there is little demand for dried fruits, although a change is often a luxury. In drying fruit or sweet corn, the chief thing is to evaporate as quickly as possible the water that they contain, and keep them from being exposed to the dust and insects. An evaporator is the best for drying fruits; but if that can not be obtained, the oven is the next best thing. Care should be taken, however, not to get the oven too hot. The doors should be left open, to allow the steam to escape. The practise of drying fruit in the sun is not to be recommended. The sun fades the fruit, and when dried in this way, it has lost its peculiar flavor, besides having been exposed to flies and other insects, as well as to the germ-laden dust.

TO COOK DRIED FRUIT.

Before cooking dried fruit, the process of drying must be undone as far as possible, bringing the fruit back to its original condition. This may be done by soaking the fruit in water over-night, and then cooking in the same water, letting it simmer slowly; or it may be steamed in a steam-cooker until it is perfectly tender. Care should be taken to keep the fruit in as natural a condition as possible.

DRIED APPLES.

Look over and wash well; soak overnight, and cook in the same water in which they were soaked. Simmer gently for three or four hours. When tender, lift from the stew-pan,

with a silver fork, sifting pulverized sugar over the pieces. Put into individual sauce-dishes.

DRIED PRUNES.

The sweet California prunes are the best. Wash well, and soak in plenty of water overnight. Put them in a granite stew-pan, and let simmer gently for half a day. By cooking them a long time, the sweetness of the fruit is brought out, making sugar unnecessary.

PRUNE PUREE.

Cook the prunes as in the preceding recipe, and remove the skins and pits by sifting through a colander. The prune juice should be drained off before sifting, as the purée should be quite thick. If it is too thin, heat it hot, and then pour it over the white of an egg which has been beaten to a very stiff froth, beating all the time the purée is being poured over it. The hot purée will cook the egg sufficiently.

PRUNE SOUFFLE.

Wash in boiling water and then soak in cold water overnight 1 cup of prunes. In the morning cook in a steam-cooker two or three hours, when they will be perfectly tender. They should have barely enough water to cover them when placed in the steamer. When cool, sift through a colander, and put where it will get very cold. Beat the whites of three eggs very stiff and carefully fold into the sifted prunes, pour into a pudding dish, and bake in a very quick oven just long enough for the egg to set. This may be served either hot or cold.

DRIED APPLES AND RAISINS.

Cook the apples as directed in recipe for dried apples, and at the same time cook half as many raisins, letting them cook very slowly. When the apples are nearly done, put in the raisins, and let them simmer together for half an hour. The raisins will sweeten the apples sufficiently.

FRUIT JUICES.

THE juice of fruit is much easier to digest than the fruit in its entirety ; as the seeds, skins, and woody tissues, which are so irritating to the weak stomach, are rejected. Fruit juice can be used in many ways : as a beverage ; as a substitute for cream, when used with grains ; or in the form of jelly (without sugar).

The juice, or sweet wine, can be obtained from all juicy fruits.

GRAPE WINE.

Select good, ripe fruit, exercising care not to take any which is overripe. Unripe fruit is more acid, and does not have the delicate flavors found in the ripe fruit ; and overripe fruit contains germs of fermentation which, if they are not all destroyed during the process of wine making, will cause the wine to ferment.

Wash the grapes well, and separate from the stems. Mash them a little with a wooden potato masher, that there may be sufficient juice in which to cook them. Place in a granite stew-pan, and cook until the seeds are freed from the pulp. Pour into a jelly-bag made of two thicknesses of cheese-cloth. A good way to make the bag is to double the cloth and cut it square, like Fig. 1. Place the edge *ab* upon the edge *bc*, and it will then look like Fig. 2. Then sew these edges, *ab* and *bc*, on the machine with a short stitch, so that none of the fruit will ooze through. The line *dc* is

the opening of the bag. Scald the bag with boiling water; when cool, wring out, and place in an earthen or granite dish, and pour the fruit into the bag. Tie the mouth of the bag with a stout twine, and place over the pan a jelly stand, lifting the bag and fastening it to the top; or, if there is no stand handy, fasten the bag to a straight stick, letting the stick rest upon the backs of two chairs, and allowing the point of the bag to hang over the earthen or granite dish. Do not squeeze the bag, as that will press out some of the



FIG. 1.



FIG. 2.

pulp. Allow it to drain overnight, or for several hours. In the morning heat the juice which has accumulated in the vessel, until the boiling-point is reached; then sweeten with $\frac{1}{2}$ cup of sugar to each quart of juice. Pour the hot juice into well-sterilized cans, and seal the same as fruit. Beer bottles, with rubber, self-sealing corks, are excellent for canning wine. The sugar may be omitted if desired.

STRAWBERRY WINE.

Take good, ripe strawberries, and wash well, removing all sand and dirt. Remove hulls, and rewash very carefully, not bruising the berries. Let them drain until dry; then place in a granite or earthen dish, and mash with a wooden potato masher. A glass bottle, if large enough, will serve as a masher. When well mashed, turn into a jelly-bag, made as

described under Grape Wine, and hang up the bag, allowing the juice to drain out. Do not squeeze the bag. In the funnel-shaped bag, the juice will settle in the lower point, and the weight of the fruit above will cause the juice to ooze out. The contents of the bag will be quite dry, after standing for a few hours. Heat the juice to the boiling-point, turn into cans, and seal.

HUCKLEBERRY WINE.

Take good, ripe berries, those that are large and juicy. Look over, throwing out all green and soft ones. Put in a granite stew-pan, adding a very little water (about 1 cup for 5 quarts of berries), and set on the stove to cook. Stir them frequently, and just as they start to boil, remove from the stove, pour into the jelly-bag, and let the juice drain out. Heat the juice to the boiling-point and can. It is best not to sweeten the juice when canning, as it can be sweetened when used; and if it is desired for jelly, it is better without sugar.

RASPBERRY WINE.

Select good, plump, ripe raspberries, look over, and wash, letting them drain until quite dry; then mash in an earthen or granite dish, and pour into a jelly-bag or two thicknesses of cheese-cloth, and squeeze out all the juice. The berries may be cooked before getting out the juice; but the cooked seeds give the juice a spicy taste. Some, however, like this taste, while others prefer to have the fruit uncooked. Heat the juice to the boiling-point, and can without sugar.

BLACKBERRY WINE.

Make in the same way as raspberry wine, and can without sugar.

CURRENT WINE.

Select good, ripe fruit, wash well, and pick from the stems. Place them in an earthen or granite pan, and mash the berries. Put into a strong jelly-bag, and squeeze out all the juice possible. Then heat the juice, and can the same as other wines.

CHERRY WINE.

Select the sweet black cherry, pull off the stems, and reject all wormy ones. Wash well, and cook in a granite stew-pan, adding enough water nearly to cover them, and stirring quite often. Allow it to cool, and pour into a jelly-bag, squeezing all the juice out. Reheat to the boiling-point, and can the same as other wines.

Other cherries may be used, but the wine will be more acid.

PLUM WINE.

Most of the plum family are too acid to make palatable wine. However, the Goldendrop is an exception. Wash well, and remove the stems. Place in a granite stew-pan, adding enough water nearly to cover them. Cook slowly for an hour or more. Pour into a funnel-shaped bag, and allow the fruit to drain, being careful not to squeeze it or the pulp may go through the bag, into the juice, causing it to lose its clearness. Reheat the juice, and can without sugar the same as other wines. After the juice is taken out, the pulp that is left in the bag may be sifted through the colander, and used for sauce.

QUINCE WINE.

Select fruit as nearly ripe as possible, wash well, and cut into eighths without paring, but remove the core. Cook slowly in a granite stew-pan for two hours. Pour into a jelly-

bag, and allow it to drain. Do not squeeze. Reheat juice, and when boiling hot, seal in glass cans. The quality of the wine may be improved by cooking an equal quantity of sweet apples with the quinces.

SWEET-APPLE WINE.

Select some sweet apples of good flavor, such as the Talman sweet, golden sweet, or Bailey's sweet. Wash well, cut into pieces, without paring or removing the core, cook slowly for two hours, and pour into a jelly-bag, allowing all the juice to drain out that will without squeezing the bag. Heat the juice to the boiling-point, and can the same as other wines.

MULBERRY WINE.

Gather the mulberries fresh from the tree, mash well, and put into a jelly-bag, squeezing out all the juice possible. Sweeten slightly, heat to the boiling-point, and can in the same manner as other wines.

JELLIES.

ALL fruit juices do not contain sufficient pectose to form a jelly, and only a few kinds of fruit will make jelly without sugar. Those that are the easiest to jelly, are the Siberian crab-apple, Snow apple, quince, currant, gooseberry, cranberry, and grape.

The usual method of making jelly is to use equal quantities of juice and sugar. This, however, makes a sauce too rich to be healthful. Its transparent beauty as it stands upon the plate, pleasing the eye and giving an artistic finish to the appearance of the table, is something that the housewife naturally dislikes to banish; and hence her inventive powers are put to work to keep the *beauty*, and at the same time produce a toothsome and harmless dish.

There is certainly nothing injurious in the pure juice of fruit. Indeed, it is less harmful than the fruit in its natural state, as the skins, seeds, and fibrous tissue have been rejected. If in this state it could be made, without the aid of sugar, into jelly, it would be perfectly wholesome.

This has been found to be possible with some fruits. Other fruit juices which will not jelly alone, can be made to do so by the use of sago. When sago is used, it is best not to keep the jelly long, but make it as it is required for use.

The juice of the fruits may be extracted in the fruit season, and canned, ready to be used at any time. In making jelly always use a good granite or porcelain-lined kettle, as tin or iron coming in contact with acid fruit not only spoils its delicate flavor, but renders it more difficult to digest.

APPLE JELLY.

This may be made from almost any apples, although the Siberian crab-apple is the best, as it contains more pectose, and will jelly more easily. Do not pare, but core the apples, after washing well, and cutting into pieces. Slowly boil in a porcelain or granite stew-pan for an hour or more, and pour into a jelly-bag, allowing all the juice to drain out that will without squeezing. Pour juice back into stew-pan, and cook until one half of it has evaporated; then add just enough sugar to sweeten (about $\frac{2}{3}$ of a cupful to 1 quart of juice), and allow it to boil for twenty minutes. Pour into glass jelly cups or glass pint cans, and seal in the same manner as fruit is sealed. It will not keep without sealing, as do jellies which are one half sugar.

CRANBERRY JELLY.

Examine the cranberries, throwing out all soft ones. Put in a granite stew-pan, pouring in sufficient water to cover the berries, and cook until the skins burst. Put through a colander or fruit press to take out the skins. Boil the pulp and juice until one third of the quantity has evaporated, after which add sufficient sugar to make palatable,—about 1 cup of sugar to 1 quart of cranberries before they are cooked. Boil about twenty minutes after adding sugar. Can in self-sealing cans; or, if for immediate use, pour while hot into the mold, and set away to get perfectly cold, when the mixture should be very firm,—sufficiently so to allow slicing with a knife. If only the juice of the cranberry is used, a much more clear and transparent jelly may be obtained. However, the pulp will cause it to become more solid and firm, with less boiling.

CURRENT JELLY.

Take the juice from the currant as directed in recipe for Currant Wine. Put into a granite stew-pan, and let it boil until one half of the quantity has evaporated; then add enough sugar to make palatable,— about 1 cup to 1 quart of the juice. No sugar need be added, however, unless desired, as the juice will jelly without it, but is slightly too acid to be relished. Let it boil for twenty minutes after the addition of the sugar, and then pour into glass pint cans. Place them on a tray or board, cover with a glass, and set them out in the sunshine for several hours. If they are to be sealed, put on covers and seal while the jelly is hot, and then put them out in the sunshine. The sunlight will materially thicken the jelly.

Sunlight makes better jelly than that made by any other process, but it is quite tedious to make in this way. It may be done by filling tumblers about two thirds full of fruit juice, sweetened to suit the taste. Cover with a pane of glass, and set out in the bright sunlight. Three or four days is the time required to make a firm jelly in this manner; but it will be much lighter colored, and have a much better flavor. This method is especially valuable in making grape and huckleberry jellies, as boiling makes them almost black in color. If a very light-colored jelly is desired, take the juice of the white currant or the quince, and make jelly from it by the sunlight process.

QUINCE JELLY.

Use the quince wine, and make it the same as apple jelly (see recipes for Quince Wine and Apple Jelly). It can be made without sugar, but is better when sweetened a

little, as it is quite acid. A less acid jelly and an equally well-flavored one can be obtained by using half sweet-apple juice.

SWEET-APPLE JELLY.

Take the juice of sweet apples, such as Talman Sweets. However, any kind will probably do as well, if they are juicy and sweet. Put the juice in a stew-pan, and boil until only one fourth of the quantity remains. Then add a very little sugar for flavoring (about 1 tablespoonful to 1 quart), and let it boil for twenty minutes. Remove from the stove, cover, and allow to stand until the next day. If it is not quite firm enough, reheat it, and when it reaches the boiling-point, let it cook for ten or fifteen minutes; then seal it in cans. If not very firm at first, it may be thickened by placing it in the window where the sun may shine upon it.

RASPBERRY JELLY.

Take the raspberry wine (see recipe), and boil it until only one third of the quantity remains, after which add an amount of sugar sufficient to make it palatable, which will perhaps be about 1 cupful for each quart of red raspberries, and a somewhat smaller quantity for the black ones. Allow it to boil for twenty minutes longer, pour into glass pint cans, and seal. If not quite the right consistency, it may be made more firm by being placed in the sunlight for a day or two.

BLACKBERRIES AND MULBERRIES.

The juice of these fruits may be jellied the same as the raspberries. However, the mulberry does not require more than a very small quantity of sugar,—only 1 tablespoonful to each pint of juice.

GRAPE JELLY.

This is best made just before it is wanted for use. Take some of the canned grape wine (see recipe), and add sugar to taste. Pour into a glass dish, or more than one dish if there should be more than a pint; for it is better not to have it too deep in the dish. Cover with a glass, and set in the sunlight, allowing it to be in the light for three or four days; at the end of which time it will in all probability be an excellent jelly, more lightly colored and of a better flavor than it would have been had it been boiled. However, if desired, it may be boiled in the same way as other jellies. Be careful, though, not to add sugar until the boiled juice is nearly ready to be removed from the stove.

PEACH JELLY.

Peach juice will not jelly without the aid of sugar, although a very pretty mold jelly can be made of it by the use of sago to thicken it. The peach peelings are better than the entire peach, as the pectose is nearly all next to the skin.

Wash the peaches well before paring, and then take the parings and cook them for an hour or more. Strain through cheese-cloth, and return the juice to the stove, boiling until only one third of the quantity remains. Then add a little sugar to make it palatable; also add to each quart of the juice $\frac{1}{2}$ cup of sago, which has been prepared by being thoroughly washed, and soaked in cold water for two or three hours. Allow this mixture to boil for twenty minutes, watching to see that it does not stick on the bottom. Pour into an oiled mold, to cool. After becoming cold, it may be loosened from the edges, and turned upon the dish in which it is to be served.

PEAR JELLY.

Pears are similar to peaches, in that they will not jelly without the addition of sugar or something to thicken the juice. Make the same as peach jelly, adding the sugar and sago about twenty minutes before juice is taken from the stove.

STRAWBERRY JELLY.

Take the juice of the strawberry (see Strawberry Wine recipe), pour into a granite stew-pan, and boil until two thirds of it has been evaporated, after which add to the remaining third sufficient sugar to suit the taste (about 1 cup to each quart), and boil twenty minutes longer. Try a small amount, putting it upon a cold dish. If it jellies, remove from the stove; pour into glass pint cans, and seal. If a very clear jelly should be desired, beat the white of 1 egg for each quart of juice, and add to the juice before heating. When it begins to boil, the egg will come to the top, bringing all the small particles of pulp and skin with it. It may then be skimmed off, and the jelly will be clear. Care should be taken always to remove the scum from the jelly as soon as it rises to the surface.

HUCKLEBERRY JELLY.

Use the juice of the huckleberry, prepared the same as for huckleberry wine. Pour juice into a granite stew-pan, and cook it until only one half of the original quantity remains. Add $\frac{1}{2}$ cup of sugar to each quart of the juice, after which boil for fifteen or twenty minutes more. Try a small amount in a saucer; and if it should thicken, it is ready to be canned or molded. The huckleberry is not very acid, and is therefore quite appetizing when only a

little sprinkling of sugar, sufficient to bring out the taste of the berry, is added. It makes a very dark jelly; but it is nice to use between layers of white cakes, or upon puddings, because of the striking contrast in the colors. It can be eaten by those who can not eat acid fruits; and as the skins have been rejected, it is easy of digestion, besides being very edible and nutritious.

GOOSEBERRY JELLY.

Take the gooseberry just before it begins to ripen. Cook in a small quantity of water, and pour into a jelly-bag, draining overnight or for several hours. Pour the juice into a stew-pan, and boil until only one half of it remains, after which add sugar to suit the taste,—about 1 cup to each quart of juice. Boil twenty minutes longer, skimming off scum as it rises. Test a small quantity in a saucer. If it jellies, remove from stove, and can or mold. Ripe gooseberries are much sweeter, but will not jelly without the addition of sugar or sago to thicken.

PINEAPPLE JELLY.

Select a good, ripe pineapple, cut off the crown, and cut the apple into quarters, cutting from the crown to the stem end. Remove the hard, pithy core, and grate the rest, grating as closely to the skin as possible. When all is grated, put into a granite stew-pan, and boil until nearly one half the juice has boiled away; then add sugar enough to suit the taste,—perhaps about 1 cup to each quart of juice. Let this mixture boil until it jellies, which can be ascertained by testing a little in a saucer. It usually will not take over twenty minutes. Can and seal the same as fruit.

LEMON JELLY.

Cook $\frac{3}{4}$ cup of sago in $1\frac{1}{2}$ cups of water, until it becomes a thick jelly, and is of an even consistency. It is best to cook it in a double boiler, as it is less liable to become lumpy, and will not scorch on the bottom. When done, add $\frac{1}{2}$ cup of lemon-juice, $\frac{1}{2}$ cup of sugar, and a little strong saffron tea, just enough to make it a lemon color. Boil for four or five minutes, and turn into molds. When cool, turn upon a plate, and decorate with slices of lemon around the bottom, and blanched almonds or pine-nuts upon the top.

TOMATO JELLY.

Stew 1 quart of tomatoes until they are soft. Strain the pulp through a fine wire sieve, or a cheese-cloth bag. To each pint of strained tomatoes, add $\frac{1}{2}$ cup of granulated sugar, and 1 tablespoonful of corn-starch which has been dissolved in $\frac{1}{2}$ cup of cold water. Put this mixture into a double boiler, and cook for twenty minutes, stirring until it begins to thicken. Turn into molds, and allow to become cold.

ORANGE BASKETS.

A very unique way of serving jelly is in baskets made from oranges. Select seven symmetrical oranges of an equal size, choosing those having a fresh, bright golden rind. Wash thoroughly and wipe dry. With a sharp knife, cut them into baskets, letting a part of the rind remain to serve as the handle. After having removed the two sections, the knife may easily be run underneath the rind, on the inside, separating it from the pulp of the fruit. Then cut away the top part of the orange. The top part of the pulp may be taken out

whole, and served with the basket, if desired. With a spoon press out the remaining juice in the basket, and with the aid of the fingers, loosen the fibrous tissues from the rind, removing them and leaving the rind free.

The baskets are then ready for trimming. Wipe them as dry as possible, and trim around the edge with a frosting



ORANGE BASKETS.

made by beating stiff half of the white of 1 egg, and adding enough pulverized sugar to knead well; then take a small piece and roll on a marble slab or large platter until it forms a smooth roll of the same size in diameter throughout its length. The roll should be about as large as a small lead-pencil. Put this upon the edges of the basket, and press down from the inside. See the accompanying cut, from which you can form an idea how to make the baskets, as

well as the manner of putting on the frosting. If desired, the frosting may be omitted, and the edge of the cup scalloped or notched. Just prior to serving, fill with any bright red jelly. Place a basket at each plate.

JELLIED ORANGES.

Select good, large Florida oranges. Cut a small hole in the blow end, and remove the juice and fiber of the orange. Then put the orange "shells" on in cold water, and let them come to a boil. This will remove the bitter taste from the white portion of the orange. Then fill the orange shells with some good, stiff jelly. The jelly should be warm when put in, and allowed to become cold. When ready to serve, cut the orange into quarters, cutting through the jelly. Serve a quarter each in individual sauce-dishes. This makes a very striking, artistic dish.

BAKED APPLES AND BUTTER.

Select good, tart apples, remove the core, and fill the cavity with a mixture of peanut butter and sugar, about half and half, and a little sprinkling of sassafras. Mix the ingredients well before filling in. Bake in a moderate oven until tender, but do not leave too long as they will fall to pieces. Serve cold, with or without cream.

GRAPE APPLE.

Select any good, tart apple, pare, quarter, and core. Steam in a steam-cooker with a little water until perfectly tender, but not until it has fallen to pieces. Take some grape juice, dilute it one half, sweeten to taste, put in the steamed apples, and let them stand in the hot juice for ten

minutes; but the juice must not boil or the apples will become mushy. When done, the apples should be of a bright pink color.

STRAWBERRY FRITTERS.

Take 2 eggs, 1 cup of almond cream, a pinch of salt, and flour enough to make a thin batter. Crush 1 pint of strawberries, sweeten and spread them between 2 slices of bread. cut in any shape desired; press well together, dip in the batter, and cook on a soapstone under a cover. Any fruit jams or jellies may be used instead of strawberries. Some prefer to have the bread buttered with nut butter before putting in the fruit.

FOR NEW RECIPES.

FOR NEW RECIPES.

LEGUMES.

THE Legume family consists of peas, beans, lentils, and like foods. The peanut may be classed with this family also, although it is commonly classed with nuts. The peanut resembles nuts on account of its richness in fats, but in other respects resembles the legume. Legumes are very rich in nutritive elements, and are well adapted to take the place of meat. They are indeed much richer in muscle-making material, having more than three times the amount of albumen contained in meat, but the best of it all is they do not contain any poison or decaying tissue as does the meat. Legumes require prolonged cooking; three or four hours is not too long. The long cooking brings out their richness and flavor, and makes them palatable without any seasonings with the exception of a little salt.

STEWED BEANS.

Select small, white, navy-beans, as they are easier to cook, and their skin is thin, tender, and easily masticated. Let them soak overnight, and in the morning put them to cook in cold water (soft water is best), cooking gently until perfectly tender. Add salt to suit the taste, and $\frac{1}{2}$ cup of peanut cream to each pint of cooked beans.

BAKED BEANS.

Look over, wash, and soak overnight 1 pint of white beans. In the morning cook in soft water if possible; hard water will do, but it takes longer to cook them. Cook until

tender but not mushy. Season with salt, pour over them nut cream made of nut butter until it nearly covers them, and bake in the oven three or four hours, stirring occasionally. When done, they should be a rich brown color clear through. A little sugar or molasses may be added if desired.

MALT BAKED BEANS.

Prepare like the preceding recipe; when tender, add salt to taste, and for each quart of cooked beans add 1 tablespoonful of nut butter and 1 tablespoonful of malt extract. Bake in a bean baker if you have one; if not, a common bake dish will do, but more liquid will be necessary on account of the evaporation. They should be covered with nut milk, and stirred occasionally to keep the top ones from getting hard. Baking for a long time improves them very much.

BEAN OMELET.

Take 1 cup of sifted beans (the small white navy-bean is the best), 3 eggs (the whites and yolks beaten separately), and $\frac{1}{2}$ teaspoonful of salt. Fold the well-beaten yolk into the beans, which should be put through a colander or sieve. The salt should be added to the whites, and they should be beaten very stiff, and then carefully folded in. Put in a bake tin, and bake in a quick oven until they are a nice brown shade.

They may be cooked in the frying-pan if desired, and one half folded upon the other. The pan must be oiled with nut oil.

NUT MEATOSE BEANS.

Prepare and cook the beans as for stewed beans, but before they are very tender, cut nutmeatose into small cubes, using about 1 cup of the nutmeatose to 1 pint of the

cooked beans, salt to taste, and gently fold them together, and pour into a bean baker, allowing plenty of water. Bake for three or four hours, or as long as possible to have them ready for dinner. A half-hour before serving, remove the cover and allow them to brown on top. They should be quite dry when done. If a bean baker can not be had, bake in an earthen pan, and cover with a kettle cover.

MASHED BEANS AND POTATOES.

Take 1 cup of beans that have been rubbed through a colander, and add to them 1 cup of mashed potatoes, and salt and nut butter to suit the taste. Mix all very thoroughly and heat in a spider, stirring occasionally until they are quite dry. Cold left-over potatoes and beans are just as good.

STEWED LIMA BEANS.

Look over, wash, and put to cook in cold water on the back of the stove or where they will not cook fast. When perfectly tender, season with salt and nut butter, and serve.

BAKED LIMA BEANS.

When ready to cook, put in cold water and let come to a boil. When the skins look puffed and loose from the bean, drain off the water and pour over them a little cold water, letting it drain off. Then take the beans between the fingers and press them, and the beans will slip out from the skins. It will not take long to remove the skins from a mess of beans. Then put to cook, stirring occasionally, that they do not stick to the kettle. When cooked to a mush and perfectly smooth and quite dry, season with salt and nut butter to taste, and bake in a pudding dish until of a nice brown. Serve hot.

STEWED KIDNEY BEANS.

Take 1 cup of dry kidney-beans, wash well, put on in cold water, and cook slowly for three hours or more, until perfectly tender. When nearly done, salt to taste, and just before serving, flavor with nut butter.

KIDNEY-BEAN ROAST.

Cook the beans as in the previous recipe, and sift through a colander. Then to 1 pint of sifted beans use 1 pint of sifted peanuts, $\frac{1}{2}$ cup of zwieola (see recipe for making zwieola), and 1 teaspoonful of salt, and if desired a little sage and grated onion may be used. Mix all the ingredients together. If too dry, a little nut milk may be added. Turn into an oiled bake dish, and bake to a nice brown.

SIFTED PEAS.

Soak Scotch peas overnight; in the morning look over, discarding all the poor ones, wash, and boil in soft water. Let them boil quite hard for the first half-hour, as that will remove the skins, and they will come to the top and can be skimmed off, making it easier to sift. When perfectly tender, put through a colander. Season with salt and nut butter to taste, and bake in the oven. Serve hot.

PEAS BAKED WITH NUTMEATO.

Take 3 cups of sifted peas (prepared according to preceding recipe), 1 cup of nutmeato grated or mashed. Season with sage and salt to taste; lastly add the beaten white of the egg. Put in an oiled tin, and bake until nicely browned. Grated onion or celery may be added instead of the sage if desired.

CANNED GREEN PEAS WITH NUTMEATO.

Cut the nutmeato into small pieces, about one-third inch cubes, and cook in a little water for two hours in a double boiler or in a dish set on the back part of the stove where it will not boil but gently simmer. Meanwhile cook the peas until tender; when done, they should be quite dry; flavor with salt to taste and add the cooked nutmeato. Serve while hot.

VEGETABLE TURKEY.

To 1 pint of sifted*peas add about 1 cup of water; the quantity to be added depends upon the amount of moisture in the peas; then add 1 well-beaten egg, 1 tablespoonful of nut butter dissolved in a little water, 2 tablespoonfuls of granola, and sage and salt to taste. Mix thoroughly, and bake in an oiled pudding dish until brown; it should be quite dry when done.

STEWED SPLIT PEAS.

Look over, wash, and put to cook in cold water (soft water is preferable); cook very slowly, allowing them to swell, being careful that they do not get dry and burn. Replenish with hot water if needed; cook until mushy. Season with salt to suit the taste, and if desired, add 1 teaspoonful of nut butter to 1 pint of the stewed peas.

BAKED SPLIT PEAS.

Cook like the preceding recipe, letting them boil very dry; then add salt to suit the taste, and to each pint of the cooked peas, add 1 teaspoonful of nut butter dissolved in as little water as possible. Put in an oiled pudding dish, and bake until brown. A little grated onion or sage may be added if desired.

SIFTED LENTILS.

Look over and wash the lentils well and put to soak in cold water for at least two hours, longer if possible. Then cook slowly until perfectly tender, and rub through a colander. Season with salt and a little nut butter if desired. Lentils, like peas and beans, are so rich in nutrition that they need very little seasoning.

BAKED SIFTED LENTILS.

Look over, wash, and put to soak overnight, or at least for two or three hours; then put into cold soft water and cook slowly for two or three hours, or until they are perfectly tender. If cooked in hard water, it will take much longer. Sift through a colander to remove the skins. Season with a pinch of salt, and a very little nut cream if desired. Bake in the oven until brown on top.

SAVORY LENTILS.

Take 1 cup of sifted lentils and 1 cup of bread-crumbs. Moisten with rich nut milk, and add $\frac{1}{2}$ teaspoonful of sage, 1 teaspoonful of minced parsley, and salt to taste. Bake until firm.

VEGETABLE ROAST.

Take 2 cups of strained lentils, 1 cup of strained tomatoes, $\frac{3}{4}$ cup of mashed nutmeato, $\frac{3}{4}$ cup of mixed granola and gluten, 1 egg, and onion and salt to taste. Mix thoroughly, and bake in a basin until solid enough to slice when cold.

BOILED PEANUTS.

First blanch the peanuts, which can be done by heating in the peanut roaster or in the oven until they are quite hot, but not browned in the least. Let them cool in a dry place,

and when nearly cold, the skins can easily be removed by rubbing in the sieve or between the hands; or they can be blanched by pouring boiling water on them, and letting them stand in it until the skins become loosened; then rub off with the hands. When blanched, put into cold soft water to cook, as they cook quicker in soft water than in hard water—in about one half the time. When perfectly tender, salt and let stew until they are well seasoned throughout. Serve hot.

MASHED PEANUTS WITH TOMATO.

Boil the peanuts as in the previous recipe. Mash with a wooden potato masher or rub through a colander,—the latter is preferable. Then to $1\frac{1}{2}$ cups of quite dry sifted peanuts add $\frac{1}{2}$ cup of sifted tomatoes and salt to taste. Reheat, and if too thin, let some of the moisture evaporate. Serve hot.

BAKED PEANUTS.

Take 1 pint of sifted peanuts, add $\frac{1}{2}$ teaspoonful of salt, 1 well-beaten egg, and 2 tablespoonfuls of granola, or grated zwieback will do. Mix all well together and put in an oiled tin, and bake until brown in a moderate oven. Serve hot

PEA AND PECAN PUREE.

Cook $1\frac{1}{2}$ cups of Scotch peas until tender, being careful to have them quite dry when done. Rub through a colander and add to them 1 cup of strained tomatoes, 1 cup of pecan meal, and salt to suit the taste. Reheat and serve.

PEA PUREE.

Take 2 cups of sifted peas and 2 teaspoonfuls of white flour. Rub the flour smooth in a little cold water, add to the peas, and cook in a double boiler for fifteen minutes. If desired, add 2 tablespoonfuls of lemon- or tomato-juice.

VEGETABLES.

THE vegetables belong to that class of foods of which the Lord spoke when he said to Adam, "Thou shalt eat the herb of the field." Gen. 3 : 18. They consist of the leaves, stalks, and tubers, as well as the seed pods and unripe seeds of plants.

Vegetables are not as nutritious as either the grains or the legumes, nor as easily digested, but are useful in the bill of fare, as they afford a variety, and can be obtained in all parts of the world. They also give bulk to the food so that one is not so likely to overeat. They contain salts in a form that the system can use, as well as phosphate and other elements essential for the blood.

When vegetables are properly cooked and are combined with the right foods, they are not so hard of digestion, and many nutritious and palatable dishes can be made from them.

Great care should be taken to see that they are well cooked and yet not overdone. If they are not thoroughly done, it makes harder work for the digestive organs, neither are they so palatable; and if they are overdone, it renders them soggy and tasteless.

Vegetables should be served as soon as cooked, as standing injures their taste more than that of most foods.

Green vegetables should be used as soon as gathered or as soon after as possible. Sweet corn especially loses much of its flavor by standing.

Vegetables and fruit should not be eaten at the same meal, as they form a bad combination. The Lord has given us light upon this subject if we will only look for it. He has told us, "If we would preserve the best health, we should avoid eating vegetables and fruit at the same meal. If the stomach is feeble, there will be distress, and the brain will be confused, and unable to put forth mental effort. Have fruit at one meal and vegetables at the next."—*The Youth's Instructor*, May 31, 1894.

But vegetables are classed in with other foods that make a healthful diet. "Fruits, grains, and vegetables prepared in a simple way, free from spice and grease of all kinds, make with milk and cream the most healthful diet. They impart nourishment to the body, and give a power of endurance and vigor of intellect that are not produced by a stimulating diet."—"Healthful Living," par. 348.

"Meat eating is doing its work, for the meat is diseased. We may not long be able to use even milk."—"Healthful Living," par. 349.

"The Lord intends to bring his people back to live upon simple fruits, vegetables, and grains."

POTATOES.

The potato is the tuber of a plant that is a native of the Andes from Chile to as far north as New Mexico. It was scarcely known until the seventeenth century, but since that time has been widely cultivated, and now produces a large portion of the food of civilized man.

There are many varieties of the potato, differing in size, color, and quality. The varieties usually cultivated are the common white, or Irish, and the sweet, or yellow, potato. Of these the sweet potato contains the more food proper-

ties, having a total nutritive value of over twenty-seven per cent.; while the total nutritive value of the Irish potato is about twenty-four per cent. The potato has the highest nutritive value of any of the vegetables. It consists principally of starch, but also contains potash, salts, and a small percentage of albuminous material, which are needed in the blood. The potato, when properly cooked, should be dry and mealy; then it is easy of digestion, as the starch cells have burst, and can be digested by the saliva; but if it is soggy and heavy, it is hard of digestion.

The reason why some people think potatoes are hard to digest is because they are combined with other foods which make it seem so. When eaten with fruits or dairy milk, there is a disturbance in the digestive canal, which is laid to the potato, but really belongs to the poor combination of foods. When eaten with nuts, grains, or other vegetables, the difficulty will be obviated.

The potato should be cooked until it is mealy, and this is best done by putting to cook in boiling water, being careful not to cook too long, or they will get watery; but they should be thoroughly done, or the starch cells will not have been bursted, and can not be reached or acted upon by the saliva.

BOILED POTATOES (IN JACKETS).

Select medium-sized, smooth potatoes, scrub them well with a vegetable brush in several waters. Drop them into boiling water, and cook until tender; then drain, place back on the stove, and let them dry, raising the kettle and shaking to let the steam escape until they are mealy and the skins crack. Serve at once in their jackets, with nut gravy made of raw peanut milk.

POTATOES STEWED WITH CELERY.

Pare and slice 4 medium-sized potatoes, and mix with them 2 tablespoonfuls of minced celery, using only the white and tender part of the celery. Cover the whole with nut milk, made from almond or peanut butter. Season with salt to taste and bake or stew until tender. Serve hot.

ESCALLOPED POTATOES.

Take 6 medium-sized potatoes, pare and slice them, and place a layer in the bottom of an oiled baking dish, sprinkle with flour and salt. Then add another layer of potatoes, etc. Pour over all enough nut milk to cover it. Place in the oven and bake slowly until tender. A grated onion or celery salt may be added if desired.

POTATO SOUFFLE.

Take 1 cupful of mashed potatoes, 1 egg, 1 tablespoonful of nut cream, and salt to taste. Beat the yolk of the egg light, and add to the mashed potatoes with the cream and salt. Beat until very smooth and light; add the white of the egg whipped to a stiff, dry froth, carefully folding it in; turn into a greased baking dish, and brown in a quick oven.

POTATO PUFFS.

Take 1 cup of mashed potatoes, 1 egg, $\frac{1}{2}$ cup of nut cream, and salt to taste. Beat the egg light without separating, and add to the mashed potatoes with the cream and salt. Beat until quite light. Fill oiled gem irons with the mixture, and bake in a quick oven. Take out carefully with a limber knife, and serve at once on a heated dish.

STUFFED POTATOES.

Bake 4 large, oval-shaped potatoes; while hot, cut through center, crosswise. Dig out inside with a spoon. Season with nut cream and salt; whip until snowy white. Fill the shells again with this mixture. Stand them upright in a baking dish, and return to the oven until they brown over the top. If a fancy dish is desired, the potatoes may be wrapped in fringed tissue paper, and set with the cut side up in the platter in which they are served.

WARMED-OVER POTATOES.

Cut the potatoes quite fine or chop them and mix with nut butter—about 1 tablespoonful of butter to 1 pint of potatoes. When thoroughly mixed, form or press into cakes and place in frying-pan or spider, then put on the back part of the stove where it will cook slowly. It will not need any fat to keep it from sticking, as the nut butter in the potatoes will oil the spider. When brown on one side, turn over and brown the other side. Serve hot.

Browned potatoes, browned mush, and all other dishes to which you desire to give a fried flavor, such as croquettes, nutmeatose, cutlets, etc., should be dipped in very thin nut butter, sprinkled generously with parched corn flour, and browned in a quick oven.

MASHED SWEET POTATOES.

Wash thoroughly, and remove all bad spots; then boil with the skins on until tender. Then remove the skins and mash, or it is better to put through a colander. Season with peanut cream and salt to taste, and bake in a pudding dish until nicely browned. Serve warm.

ESCALLOPED SWEET POTATOES.

Put well-boiled sweet potatoes through a colander, and to 2 cups of potatoes add 2 cups of peanut cream, 2 eggs well beaten, and 2 tablespoonfuls of zwieola. Salt to taste. Bake in the oven until nicely browned.

PINIC POTATOES.

Bake as many potatoes as desired; carefully cut cap off the ends so that they can be replaced. Then remove the inside of the potatoes with a teaspoon, add salt and a little nut milk, and whip it light with a fork; then add to it some tender cabbage chopped very fine, seasoned with roasted almond meal, celery, salt, lemon-juice, a little chopped parsley, and a hard-boiled egg; fold into the light potato and fill the shells. Replace the lid with a little sprig of parsley peeping from beneath it. For a fancy dish, they are pretty wrapped in fringed paper.

BROWNED POTATOES.

Take cold boiled potatoes and slice about one eighth to one fourth of an inch thick; place them upon an oiled tin, brush them over with peanut cream, and sprinkle upon them some corn pepper (see directions for making elsewhere) and a little salt; then bake in a very quick oven until the potatoes are of a nice brown, and serve at once.

YOUNG POTATOES.

Boil until tender, slice, add grated onions, salt, and raw peanut milk; bake until done.

POTATO BALLS.

Mash some nice mealy potatoes, adding a little nut cream, the yolk of 1 egg, and salt to taste. Beat until very light, then roll into balls; brush with a cloth dipped in nut cream, place on an oiled tin, and bake in a quick oven. Make the balls about the size of the yolk of an egg.

These are nice to serve with mock fish.

If preferred, the balls may be coated with equal parts of pine-nut and corn-meal rubbed together.

PARSNIPS.

FRIED PARSNIPS.

When cleaned, halve the parsnips, and boil until tender in salted water, and then fry in nutcoa or peanut oil. They are as nice as those fried in butter, but we do not recommend fried food.

PARSNIPS WITH EGG SAUCE.

Clean and slice the parsnips, and cook until tender; salt while cooking. Drain off the water if any remains, and pour over them an egg sauce as directed. (See index.)

BAKED PARSNIPS.

Scrape and cut in halves lengthwise. Cook in boiling, salted water until tender, then drain or let boil dry. Roll in beaten egg and then in finely grated zwieback. Place the flat side down on an oiled tin, and bake a nice brown. Serve hot.

BOILED CARROTS.

Wash, scrape, and slice crosswise, and drop into boiling, salted water. Cook until very tender (they need prolonged cooking). When done, they should be nearly dry. If there is too much water, drain off some and season with nut cream or pour over them an egg gravy, directions for which are given elsewhere. Carrots may be cooked in any of the ways that parsnips are cooked.

SALSIFY, OR VEGETABLE OYSTERS.

In nutritive value they are the same as carrots or parsnips. In flavor they resemble the oyster, and are excellent for making soups.

SALSIFY WITH EGG SAUCE.

Select fresh vegetable oysters, and let them stand in cold water for one hour or more before scraping. Then remove the skins by means of a sharp knife, and drop into a pan with enough cold water to cover. The cold water will prevent them from turning black. When all are scraped, slice into a granite kettle or double boiler of hot water, and let cook until tender. They should be quite dry when done. Salt should be added a little before they are done. Then put into the dish in which they are to be served, and pour over them an egg gravy according to the recipe. (See index.) Serve hot.

ESCALLOPED SALSIFY.

Prepare the salsify, or vegetable oysters, like the preceding recipe, and when tender, place a layer of the oysters in the bottom of a pudding dish, and sprinkle over the top a little zwieola, then another layer of oysters and more zwieola,

letting the zwieola be on top. Pour over the whole a sauce made of nut milk, a little salt, and 1 egg. Let it stand for a while to soak through to the bottom of the dish. There should be enough nut milk thoroughly to moisten the whole. Bake twenty or thirty minutes.

TURNIPS AND RUTABAGAS.

The nutritive value of the turnip is very low, being only about five per cent. The rutabaga is more nutritious, and both are quite easy of digestion if thoroughly cooked. Be sure and give plenty of time to cook. Peel deep enough to remove the tough, white fibers that are under the skin, as they are bitter.

TURNIP WITH EGG SAUCE.

Select good, crisp turnips, as the withered and pithy ones are not good. Pare, and cut in slices about one third of an inch thick. Cook in as little water as possible, which should be boiling when the turnips are added. Salt in time to have it seasoned through, and let them boil until dry, watching closely that they do not burn. Then prepare an egg gravy as directed (see index), pouring it over the turnips, and serve hot.

MASHED TURNIPS.

Pare the turnips, and cut them in halves or quarters, drop into boiling, salted water, and cook until perfectly tender. The length of time will depend upon the size and age of the turnips, but be sure and give them plenty of time. When done, drain thoroughly, and add enough thick raw peanut cream to season well, and more salt if needed. Mash fine and serve hot.

COOKED RUTABAGAS.

The yellow turnip, or rutabaga, takes considerably longer for cooking than the white, but otherwise can be cooked the same. They are rather strong flavored, and are improved if mixed with an equal quantity of mashed potatoes. The cold turnip or rutabaga mixed with potato is nice if a well-beaten egg is added, and then made into cakes with the hands, placed on oiled tins, brushed over with nut cream, and baked in the oven until a nice brown. Serve hot.

ASPARAGUS.

ASPARAGUS WITH GRAVY.

Cut the asparagus as far as tender into half-inch pieces, and cook until tender in boiling, salted water. Take out the asparagus in a dish, and have ready some nice pieces of zwieback; dip them in the water in which the asparagus was boiled. Lay them in a dish, and the asparagus on top, then make a gravy of 1 pint of almond or raw peanut milk, thickened with a tablespoonful of white flour. Salt to taste, and pour over the asparagus and toast. Serve at once.

ASPARAGUS WITH NUT CREAM.

Cook finely sliced asparagus in water until very tender, salting a few moments before done. Flavor with almond cream made by dissolving 1 teaspoonful of almond or raw peanut butter to 1 pint of the asparagus with its juice. Roasted peanut butter does not blend so well with asparagus.

ASPARAGUS WITH EGG SAUCE.

Select very tender asparagus cut in one-inch lengths, and stew until tender. Salt while cooking. Pour over the cooked asparagus an egg gravy; serve warm. Make gravy as directed elsewhere. (See index.)

ASPARAGUS SOUPS.

Take some nicely toasted bread that has been toasted or browned clear through, and moisten by dipping into a dish of hot water and removing at once. Place on the dish on which it is to be served, and spread over the top a few spoonfuls of the asparagus with egg gravy. Serve hot. (See index for directions for egg gravy.)

EGGPLANT.

BAKED EGGPLANT NO 1.

Cut in slices one third of an inch thick without removing the skins. Soak in cold, salted water for an hour or more, drain, and dip each slice in white flour, then in a beaten egg, and lastly into finely grated zwieback. Place on well-oiled tins, and bake in a moderate oven until they are very tender. Serve hot. They may be served with an egg gravy if desired.

BAKED EGGPLANT NO. 2.

Peel, slice, and salt the eggplant, letting it stand in the salt for an hour or more. Mix together 4 tablespoonfuls of flour, the yolk of 1 raw egg, 1 tablespoonful of peanut oil or nutcoa, and salt. In another bowl, beat the white of an egg to a stiff froth, and put into the batter. Dry the slices of

eggplant on a clean cloth, dip them in the batter, and place on well-oiled tins. Bake in a moderate oven until tender.

STUFFED EGGPLANT.

Parboil in hot water for fifteen or twenty minutes, according to size. Make a hole in one side, and take out the seeds. Lay it in enough ice-cold, salted water to cover it, and let stand for one hour; then stuff it with a paste made of bread-crumbs, grated nutmeato, a little minced parsley, and a little salt. When stuffed, cover the hole with an oiled paper, and place that side down in an oiled pudding dish. Add a little water, and bake in the oven. Baste occasionally with the water in the dish, and when it can be easily pierced with a straw, it is done. Take up the eggplant, roll it in beaten egg, and then in finely grated zwieback. Return to the oven again, and let brown. Serve sliced crosswise.

ESCALLOPED EGGPLANT.

Peel the eggplant, slice one fourth of an inch thick, salt, and let stand in a bowl for one hour; then wash off the salt and put it in a granite or porcelain-lined kettle, and let it boil until tender; if boiled in iron or tin it is likely to be dark. Place a layer in an oiled pudding dish. Have ready some stale bread which has been soaking in cold water for an hour, pour off all the water possible, and add to it 1 cup of strained tomatoes, 2 tablespoonfuls of nutcoa or peanut or almond oil, and a little salt. Put a layer of this on the eggplant, then another layer of eggplant, and so on, placing on the top a layer of grated zwieback, sprinkled over with a little grated nutmeato. Place in a moderate oven, and bake a nice brown.

BEETS.

Beets contain considerable sugar. The variety known as "sugar beet" is cultivated in many countries for the manufacture of sugar. This industry is being introduced into this country. The beet is more nutritious than many other vegetables, but requires a long time for digestion — about four hours. For this reason it can not be eaten by many who have weak stomachs. They have a total nutritive value of twelve per cent.

BOILED BEETS.

Select fresh and tender beets, because withered or shriveled ones will never cook tender. Scrub them with a vegetable brush to remove all dirt, but be careful not to break off any of the rootlets, as that will cause them to bleed and lose their sweet flavor. Put into boiling water, and cook until tender, which can be ascertained by pressing upon the beet. Piercing with a fork will cause them to bleed. When done, rub off the skins, and slice while hot. Pour over them equal parts of lemon-juice and water. Let them stand several hours before using.

CHOPPED BEETS.

Cook as for boiled beets. Peel, chop fine, and pour over them a dressing made of lemon-juice and almond cream. Sugar may be added if desired.

BAKED BEETS.

Cook as in the preceding recipe; when tender, cut into dice, place a layer in a pudding dish, and sprinkle with bread-crumbs; then add another layer of beets, covering with

the bread-crumbs on the top. Pour over the whole enough salted, strained tomatoes to moisten well, and bake in a quick oven until brown on top. If desired, a plain nut cream may be used instead of the tomatoes.

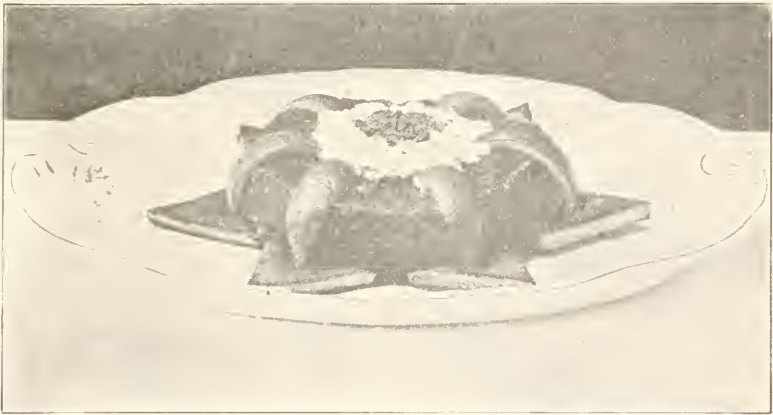
BEET GREENS.

Take one peck of young beets, use the leaves and small beets, but reject the stocks, as they will be tough. Wash thoroughly, and cook until very tender; then drain, pressing out all the water possible; add salt to taste and 2 tablespoonfuls of thick raw peanut cream. Let it stew for a few minutes; then chop quite fine with a sharp knife, and serve hot.

SPINACH ON TOAST.

Take 6 slices of bread of the same size and thickness, and cut a diamond out of each slice that is five inches the longer way from point to point, and three inches across from one oblique angle to the other; six of them will make a perfect circle. A nice way to cut a diamond any size you wish is to take a double string, put a lead-pencil point in the loop, and allow as much string as you want the length of the diamond from the obtuse to the acute angle. Then holding the string fast at one point in the center of a good-sized piece of paper, move the lead-pencil round so as to draw a circle, having the length of the string for the radius of the circle; make a dot at any part of the circle, hold the end of the string upon it, and with the lead-pencil in the loop, draw a mark across the circle; that is, the distance from the first mark in the circle to the second mark drawn in the circle will be just the length of the radius, and will also be just one sixth of the circle. Then draw a line from each point in the circle to the center, and with the shears cut upon these lines. Fold the paper from

one point to the other, which will be one half of the diamond. To make the other half, press it down, and cut the paper just the same size as the first half. Then place the paper diamond upon the slice of bread, and with a very sharp knife cut it like the pattern. Toast these upon a soapstone on top of the stove, to a very nice brown; they may be toasted in the oven, but the stone gives them more of a fried appearance and taste. Place them on a platter (a round one is



SPINACH ON TOAST.

preferred) in such a way that they will form a star with six points. Have ready 1 peck of spinach which has been very thoroughly washed in several waters to remove all the sand and dirt. When boiled until perfectly tender, drain off all the water possible, and add 1 teaspoonful of nut butter dissolved in a little cool water, and the yolk of 1 egg. Beat the egg, add the diluted butter and salt, and mix very thoroughly with the greens, chopping them with a knife; put them into a basin that is about six inches across, so as to press them into a round shape. When placed upon

the toast, it should not cover the points of the toast. When it is cold enough to be solid, turn it out upon the toast, and garnish with the whites of boiled eggs chopped fine placed upon the top, with the chopped yolks in the center, and garnished with sections of lemon cut lengthwise. The cut will give an idea of how it is made. It is not very much work to make it, and it is not necessary to cut the bread into diamonds unless a fancy dish is desired. Slices of bread may be cut diagonally so as to make an acute point, as in the accompanying cut. Let *a*, *b*, *c*, *d* represent a slice of bread; cut it from the corner *a* to *c*. Then arrange on the plate so that the points will stand out. Place the plate in the oven to warm just before serving, and serve each individual with a piece of toast with some of the spinach on it and one or two pieces of lemon.



DANDELION GREENS.

Take 1 peck of fresh dandelions, look over and wash well, and put on the stove in plenty of cold water. When they have boiled for a few minutes, drain off the water, and add more. If they are not real young, they will need par-boiling again. Then cook until very tender, add 1 tablespoonful of salt, and cook for ten minutes. Drain, and press out all the water possible, add 2 tablespoonfuls of raw peanut cream, more salt if it is needed, and lastly stir in the well-beaten yolk of 1 egg. Remove from the stove, and serve at once. Other greens, as horseradish, mustard, etc., may also be seasoned in the same way, adding lemon-juice if desired. These are nice if served on toast the same as Spinach on Toast.

RADISHES.

Radishes do not contain very much nutriment, being about the same in composition as the turnip, but their bright color adds to the beauty of the table, and if well masticated they can be digested by a normal stomach.

COOKED RADISHES.

Select crisp, fresh radishes, slice, and cook until tender. Salt to taste, then pour over them a cream gravy made of water, peanut or almond butter, and thickened with a little white flour.

BAKED RADISHES.

Cook like the above until tender, then to 3 cups of cooked radishes add 1 cup of coarsely ground peanuts, $\frac{1}{2}$ cup of zwieola, and water to moisten. Bake in the oven until brown.

CABBAGE.

Cabbage is very low in nutritive value, and not very easy of digestion. It consists principally of water. The winter cabbage contains eighty per cent. water, four per cent. albuminous elements, one per cent. sugar, one per cent. fat, ten per cent. pectose, and the remainder of cellulose, or woody matter.

BOILED CABBAGE.

Select a good, solid head, remove the withered leaves, and shave fine, rejecting the heart. Put to boil in boiling water, and cook rapidly until tender; then add salt, and let stew for

ten minutes. If there is much water, drain it off, and add enough almond or peanut cream to season well; serve hot. The juice of one lemon may be added if desired.

BAKED CABBAGE.

Cook finely sliced or chopped cabbage in boiling water until very tender, and until nearly all the water has evaporated, which will take about two hours. Then let it cool. To 1 pint of cooked cabbage, add 2 well-beaten eggs, salt to taste, and $\frac{1}{2}$ cup of thin nut cream, made by dissolving 1 teaspoonful of almond butter in $\frac{1}{2}$ cup of water. Raw peanut butter may be used, but the roasted butter does not blend with cabbage as well as with some of the vegetables. Pour this over the cabbage, mix, and bake in a moderate oven.

CHOPPED CABBAGE NO. 1.

Select fresh, solid heads, and chop them fine, after the outer withered leaves and heart have been removed. Then prepare the following sauce: For 1 pint of chopped cabbage, take the yolk of 1 egg, 2 teaspoonfuls of sugar, 1 tablespoonful of nut cream, $\frac{1}{2}$ teaspoonful of salt, the juice and a little of the grated rind of a lemon, and $\frac{3}{4}$ cup of water. Put on the stove, and when hot, stir in 1 teaspoonful of white flour rubbed smooth in a little cold water. Let cook gently for three or four minutes, and pour over the cabbage.

CHOPPED CABBAGE NO. 2.

Prepare the cabbage as in the preceding recipe. To 1 cup of lemon-juice add 1 cup of water and sugar to taste, and pour over the cabbage. Place in the refrigerator or cold cellar for a half-hour before serving.

CHOPPED CABBAGE NO. 3.

Prepare the cabbage as in recipe No. 1, and prepare the sauce as follows: To 1 pint of chopped cabbage dissolve 1 tablespoonful of nut butter (almond preferred) in 1 cup of cold water, adding only a little water at a time. Sweeten to taste, and add a very little vanilla; then pour over the cabbage. Serve as cold as possible.

STUFFED CABBAGE.

Take a large, solid head of cabbage, and remove the heart; then fill the vacancy with a stuffing made of plain nutmeatose (that is, without sage), bread-crumbs, and the yolk of 1 egg. When the cavities are filled, place the two halves together, and tie firmly, or better still, sew up in a clean white cloth, and boil in a kettle or steam in a steam-cooker for two hours. Serve hot.

BAKED CAULIFLOWER.

Trim off the leaves of a firm head of cauliflower, and let stand in salted water one hour. If there are any insects, they will crawl out. Cook in slightly salted water until tender, then drain carefully, remove from the stock, and place in a pudding dish in which it may be served. After this has been done, make a sauce of nut cream (almond or raw peanut preferred) thickened with a little white flour and salt to taste. A little grated nutmeato may be added if desired. Pour over the cauliflower, then sprinkle well with bread-crumbs, and bake in the oven for ten minutes. Remove the cover, and let brown. Serve at once, or it may be kept in a cool place and reheated for Sabbath dinner.

ONIONS.

The principal use to which onions are generally put is to season soups, gravies, and other foods. They contain a volatile oil that is not digestible, but this evaporates with the cooking. For this reason, onions should never be eaten raw. The total nutritive value of the onion is thirteen per cent. It contains one and seven-tenths per cent. of albuminous elements, two and eight-tenths of sugar, one of fat, seven of salt, and eight of carbonaceous elements.

STEWED ONIONS.

Select good white onions of medium size. Peel and soak in cold water for one or two hours, then put on in cold water, let boil about five or ten minutes, and drain. Then cover with boiling water, and let cook for two or three hours or until very tender. Salt should be added a half-hour before done to let it penetrate. Flavor with nut butter, either almond or raw peanut, or a thin nut gravy may be used instead. If the gravy is used, it should be thickened with white flour.

The reason why they should be soaked in water and par-boiled is to remove the acrid oil, or strong taste, of the onion, which is irritating to the stomach. Onions should be thoroughly cooked; they should not be eaten raw.

ESCALLOPED ONIONS.

Cook as directed for stewed onions. When tender, cut in halves and place in a pudding dish. Then to one pint of nut milk take 2 level tablespoonfuls of zwieola and 1 well-beaten egg; salt to taste. Mix well; pour over the onions, and bake.

BAKED ONIONS.

Peel and boil the onions as in previous recipes, being careful not to boil them to pieces. While slightly rare, cut in halves and take out the centers. Place them in a pudding dish with the cup side up, and fill the cups with a stuffing made as follows: 1 egg, 1 tablespoonful of nut cream, 1 tablespoonful of grated nutmeato, and salt and thyme to taste. Mix with enough bread-crumbs to make of the right consistency. Moisten the whole with a little nut cream, and bake in a quick oven.

LETTUCE.

This vegetable, though not very nutritious, is digestible unless the dressing with which it is served is unwholesome. The practise of serving lettuce with vinegar is not to be countenanced by those who wish to be hygienic, as the effect of vinegar upon the digestive organs is very bad. It hinders the digestion of starch, irritates the stomach, and causes the starch to ferment. When lettuce is served with a simple and healthful dressing, it is not objectionable.

LETTUCE WITH CREAM.

Take very tender lettuce that is perfectly fresh, wash well, and tear the leaves into small pieces. Put into a dish and pour over it the following: 1 cup of cold water, 1 teaspoonful of peanut butter, 1 tablespoonful of sugar, and $\frac{1}{4}$ teaspoonful of vanilla or any seasoning desired. Dissolve the butter in the water, adding only a little at a time. Then add the sugar and vanilla. Serve cold.

LETTUCE SALAD.

Select tender, crisp lettuce, tear into pieces, and place on a plate or a shallow platter. Pour over the lettuce a dressing made as follows : 2 tablespoonfuls of nut butter rubbed smooth in $\frac{2}{3}$ cup of water, 2 tablespoonfuls of lemon-juice, 1 teaspoonful of sugar, and $\frac{1}{2}$ teaspoonful of salt. Boil together a moment, and cool.



CELERY.

CELERY WITH GRAVY.

Take very brittle celery, wash well, cut in one-half finger lengths, and cook until very tender. Then drain, saving the water in which it was cooked, and adding enough to it to make a cream sauce as follows : To 1 pint of water dissolve 1 tablespoonful of almond butter or 2 tablespoonfuls of raw peanut cream, and when boiling, thicken with 1 teaspoonful of white flour ; salt to taste. Pour over the cooked celery and serve hot. A beaten egg may be added if desired.

TO USE COLD COOKED CELERY.

When any cooked potatoes and celery is left over from a dinner, a very palatable dish may be made by chopping the potatoes and cutting the celery up quite fine. Mix thoroughly, and warm in the steamer, or double boiler.

CURLED CELERY.

Select nice tender celery, clean well, and cut off the stems where they begin to branch for the leaves. Slice the stock in three or four slits to near the center from both ends, leav-

ing a piece that is whole in the center about one to two inches long. Place them in ice-water, and in twenty minutes the slices of stocks will be curled nicely. Serve them stacked upon a celery tray. In eating, the little curls are to be broken off with the fingers.

SQUASH.

SUMMER SQUASH.

Summer squash is very low in nutritive value, but is easily digested, and if properly cooked is palatable, and helps to make a variety. The crook-neck are the nicest flavored, but the hardest to prepare, on account of the seeds.

SUMMER SQUASH WITH EGG SAUCE.

Prepare and steam until tender, then cut into small pieces, and serve with egg sauce. (For directions for making sauce, see index.)

WINTER SQUASH.

The winter squash is more nutritious than the summer squash, having a total nutritive value of eighty-five per cent. When well ripened, they are very mealy and sweet. The Hubbard is considered the best variety, but the Marblehead and some others are very good. To test their ripeness, stick the thumb-nail into the shell, and if it goes in easily, the squash is green. A ripe squash is too hard to be pierced with the nail.

STEAMED SQUASH.

Select a good, ripe, Hubbard squash. (They are ripe when the shell is so hard that it is difficult to pierce with the thumb-nail.) Wash, and cut into convenient pieces, remove

the seeds, and pare away the stringy portion next to the seed cavity, but leave the shell on. Place in a steamer or a steam-cooker, and cook until it can be pierced to the shell easily with a fork. Then scrape from the shell, and mash or press through a vegetable press. Season with salt and nut cream. Place in a baking dish, and bake a nice brown on top.

BAKED SQUASH.

Prepare as for steamed squash, and place in an oven and bake until very tender. They can be served in the shell unseasoned, or scraped from the shell and seasoned with salt and nut cream before serving. In the fall of the year squash is better steamed, as they are apt to be too dry and mealy when baked; but in the winter and spring, they are better baked.

CUCUMBERS.

The cucumber is very low in nutritive value, having only four per cent. of nutrition. It is not, however, objectionable unless served with vinegar, pepper, and other condiments. It is more easily digested if cooked before serving.

CUCUMBER SALAD.

Take fresh cucumbers of the right size for table use, and place in very cold water for one hour before using. When ready to use, pare, slice, and sprinkle lightly with salt. Serve at once

ESCALLOPED CUCUMBERS.

Take four cucumbers (right size for table use), slice, and cook in boiling water until tender. Press through a colander or sieve. Add a sufficient amount of white bread-crumbs to

make about the consistency of pudding. Add a pinch of salt, a teaspoonful of raw peanut butter dissolved in 2 tablespoonfuls of water, and 1 well-beaten egg. Pour into a pudding dish, and bake until the custard is set, but not browned or dry.

TOMATOES.

The tomato consists principally of water, and hence is very low in nutritive value. As late as the early part of this century, the tomato was regarded as poisonous, and some now have an idea that they cause cancers. This, however, is not the case. It being an acid fruit or vegetable, it is excellent served as a relish, and is serviceable in making soups and salads, as well as a variety of mixed dishes.

SLICED TOMATOES.

They should be prepared a half-hour before serving. Select good, ripe, sound, tomatoes that are perfectly fresh and tender. Peel them very thin without scalding them. Slice and put in a refrigerator or in a cool place. Serve as a relish, and let each individual season to suit himself.

STEWED TOMATOES.

Pour hot water over the tomatoes, and let them stand for one minute, and then plunge them into cold water. Peel and slice and put into a granite dish which has been oiled with peanut oil. Let them cook until perfectly tender, stirring and chopping them with a silver spoon. They will not need any water if they are stirred often, as they contain so much water themselves. Salt may be added if desired. Serve hot in a deep dish lined with slices of toast.

ESCALLOPED TOMATOES.

Take 1 quart of stewed and sifted tomatoes, and add to them $2\frac{1}{2}$ cups of bread-crumbs, or better still, zwieback rolled fine with a rolling pin. Add $\frac{1}{2}$ cup of nut cream, and salt to taste. Mix well and bake for twenty minutes.

BAKED TOMATOES.

Select good, solid, ripe tomatoes. Wash well and slice crosswise without peeling. Season with salt and sugar if desired, and dip each slice in white flour, then into a beaten egg, then in finely grated bread-crumbs made from white zwieback. Place on an oiled tin, and bake until a nice brown. Serve hot.

STUFFED TOMATOES NO. 1.

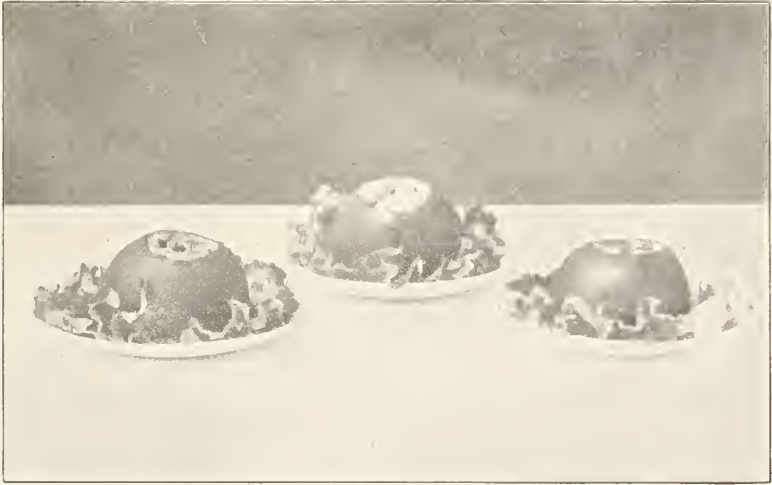
Take 6 good-sized ripe tomatoes, but not those that are too soft. Wash well, remove the stem, cut a small, round hole in the top, and remove the seeds, then fill the cavities with the following:—

Take $\frac{1}{2}$ cup of nutmeato grated very fine, and $\frac{1}{2}$ cup of pulverized white zwieback, made fine with a rolling-pin on bread-board. Salt to taste, and add a little chopped parsley or celery salt if desired. Mix well together and fill the tomatoes. Place stem end down on a graniteware pie-tin, or in a pudding dish, and bake thirty minutes in a moderate oven.

STUFFED TOMATOES NO. 2.

Select 12 (or any number desired) solid, smooth, ripe tomatoes, and cut a slice off the blossom end of each, and with a spoon remove the center part of the pulp with the

seeds, leaving the shell unbroken. Select a solid head of cabbage (not very large) and 1 onion; boil together until tender, which will take one hour or more. Chop fine, and add finely grated bread-crumbs and the pulp of the tomato, rejecting the seeds. Add 1 cup of nut cream. Season with salt and sugar to taste. Fill the tomatoes, placing the slice back in its place, and lay the tomatoes, stem end down, in a



STUFFED TOMATOES.

pudding dish. Pour in a little water to keep from burning, and bake for a half-hour, or until thoroughly done. Serve hot.

BAKED TOMATO.

Take 6 medium-ripe tomatoes of equal size. Cut a piece from the blow end, and remove the seed cavity with the flesh that is in the center, leaving the flesh next to the skin, then sift the tomato that is taken out, removing all the seeds, and

add a small teaspoonful of peanut butter to each tomato, also one tablespoonful of zwieola or bread-crumbs, and salt to taste. Bake in a quick oven until lightly browned, and serve on individual dishes on lettuce leaves.

DRIED TOMATOES.

Take good, ripe tomatoes, but not too ripe, as they will be too juicy. Peel very thin without scalding, and slice crosswise about one fourth of an inch thick. Place a layer of them on a plate or a granite pie-tin, then sprinkle with sugar, and put in a warm place to dry. When thoroughly dried, put in a paper bag in a cool place for winter. They may be used instead of raisins for puddings and cakes.

CANNED TOMATOES.

Select good, solid, ripe tomatoes. They must not be over-ripe or specked; for if they are, they will not be apt to keep well; indeed, this is the very cause of so many having trouble in keeping canned tomatoes. Scald with boiling water for one minute and peel. Slice crosswise about one-half inch thick, and if the tomatoes are very large, they must be halved or quartered to get into the can. Put in a clean, well sterilized can, shake down well, and put on the cover tight. Place in a steam-cooker (or a wash boiler will do, with some straw, or four or five thicknesses of cloth on the bottom to keep the cans from breaking; but a rack made of narrow slats to fit the boiler on purpose for canning fruit, is much better and very much less work). When the water has boiled fifteen or twenty minutes, remove the cans one at a time. Take off the cover, put on the rubber, and fill the can with some boiling tomatoes, which are ready in a stew-kettle, or one can may be taken to fill up the others with. Put on the cover,

screw down tight, and place on a table or shelf out of the draft, standing the cans bottom side up on their covers. When cold, turn over, tighten the covers as much as possible, and place in a dark, cool cellar.

GREEN CORN.

Green corn does not contain the nutriment that the mature grain does, and is therefore more commonly classed with the vegetables. The same may be said of green peas and beans. They make many palatable and healthful dishes.

GREEN CORN ON THE COB.

Select fresh corn, as that which has been standing for even a day has lost much of its sweetness. Corn is right for use when the milk has begun to thicken, but not enough to harden the skin or hull. Remove the husks and silks, and steam in a steam-cooker or a common steamer over a kettle of boiling water for twenty or thirty minutes, according to the size of the kernels and the age of the corn. The corn that is left from dinner may be cut from the cob and used the next day in macaroni cornlet; or it may be put with an equal quantity of chopped potatoes moistened with a little nut cream and a well-beaten egg. Drop a tablespoonful at a time on oiled tins and bake in the oven.

STEWED CORN.

Select tender, fresh corn, and remove all husks and silks. With a sharp knife cut the center of each row of kernels, and with the back of the knife press out the kernels, leaving the hulls on the cob. To 1 quart of this add 1 cup of

almond milk or raw peanut milk, and cook in a double boiler for one hour or more. Cooking will not hurt it. When done, season with salt, and if too thick, add more nut milk. A well-beaten egg may be stirred in if desired just a moment before taking up.

BAKED CORN OYSTERS.

Prepare the corn and scrape from the cob as in the recipe above; then add $\frac{1}{4}$ cup white flour, $\frac{1}{2}$ cup nut meal, and salt to taste. Mix well, put on oiled tins in drops about the size of an oyster, and bake a light brown.

BAKED CORN NO. 1.

Select fresh, tender, sweet corn; husk and silk. With a sharp knife run it down the rows, cutting the kernels in the middle. Then with the back of the knife, scrape down, and the kernels will jump out of their hulls, leaving the hulls on the cob. Add 1 cup of hot water, 2 tablespoonfuls of zwieola, and salt to taste. Bake in a moderate oven three fourths of an hour. A little raw peanut butter may be added if desired.

BAKED CORN NO. 2.

Take as many ears of good, tender, fresh green corn as is desired for one meal, and remove the husks and silks; then oil them with peanut oil or nutcoa. Sprinkle with salt and place in a dripping-pan. Bake in a very hot oven until they are quite brown. Serve hot.

SUCCOTASH.

The common shelled beans may be used for this purpose, but the Lima shelled beans are preferable. Shell, wash, and boil. About twenty minutes before serving, add an equal

amount of sweet corn cut from the cob. Be careful not to cut it too close. Season with salt and raw peanut cream, and serve hot.

TO CAN CORN.

Choose good, tender sweet corn. It should not be any riper for canning than for table use. Cut the center of each row of kernels, and with the back of the knife scrape out all the pulp and chits, leaving only the hulls on the cob, then without cooking, pack it in glass jars until they are full; put on the rubber and cover, and screw down tight. Do not remove the cover after it is once on. Cook in a steam-cooker if you have one, if not, put some lath in the bottom of the boiler, put in your cans, and put some cloths between the cans, so that they will not touch each other, else when boiling, they may strike together and break. Pour in enough cold water to half cover the jars, and place on the stove. Cover with a tight-fitting cover and boil for four or five hours; then remove the cans and tighten the covers if you can; let cool; when cold, tighten the covers as much as you can, and set in a dark, cool cellar.

DRIED CORN.

Select good, tender sweet corn, no riper than for table use. Husk, and be sure to silk well; then cut the center of each row of kernels, and with back of the knife scrape out all but the hull. Place on plates or granite pie-tins, and dry in a warm oven or near the stove. Corn dried in the sun loses its flavor and sweetness, besides being exposed to flies and dust. The usual method of cutting the kernels from the cob is not so good, as the hulls are left on, and are irritating to a weak stomach. When thoroughly dry, put in a good paper bag and store in a cool, dry room.

TO COOK DRIED CORN.

Look over and soak all night or for several hours before cooking, then cook in the same water in which it was soaked. Stew it slowly, and when tender, season with salt and raw peanut or almond cream. One third as much strained tomatoes may be added if it suits the family. Dried corn is also excellent ground through a grain mill and used in soups and other dishes.

SWEET-CORN WITH COCOANUT MILK.

Take 1 can of good corn and put in the inner part of a double boiler, add 1 cup of cocoanut milk and a little salt ; place in the outer part of the double boiler, the water in which should be boiling, and cook for half an hour. Serve hot. This is certainly a very delicious dish.

CORN PEPPER.

Take some white field corn (the yellow will do if the other can not be obtained), and roast it in the oven or peanut roaster until it is nicely browned. Then grind through a coffee-mill, and use to sprinkle over foods which you wish to have a fine appearance, and bake in the oven. It may also be used in gravy, on eggs, and the like.

CAPPED CORN.

Take good, tender sweet corn, and with a sharp knife cut the skins, only, from the top of the kernels, leaving the remainder on the cob ; salt the ears of corn and then spread them with nut butter made from pine-nuts, which may be diluted a little to make it more easy to spread ; then put on bake tins and bake in a moderate oven until nicely browned. Serve very hot. Almond butter or raw peanut cream may be used instead of the pine-nut if more convenient

GREEN PEAS AND BEANS.

The pea and bean in the mature state belong to the Legume family, but in their unripe condition are usually classed with the vegetable. In this state, they are not very nutritious, but make palatable and healthful dishes for summer, when so great a quantity of heat-producing elements are not required.

STRING-BEANS.

String well, break into inch lengths, wash thoroughly, and cook in boiling water until tender (this usually takes about two hours). Salt the water about ten minutes before they are done, then drain thoroughly, and make a gravy of almond or raw peanut milk thickened with a little white flour; salt slightly and pour on the beans. Let boil up once and serve. If preferred, the flour may be omitted.

STRING-BEANS WITH EGG.

Boil in salted water with a bunch of savory or parsley leaves; drain, and put them in a stew-pan with 5 tablespoonfuls of raw peanut cream, the yolks of 3 eggs, and a little salt. Stir it constantly until of a proper thickness. A little grated onion may be added with the beans if desired.

TO CAN STRING-BEANS.

Wash thoroughly, string, and cut in inch lengths. Pack as tightly as possible in the cans, then fill each can with water. Tin cans are best for them, but glass cans may be used. If the tin cans are used, they should be thoroughly washed and rinsed in boiling water before the beans are put in. After they are filled with beans and water, place on the

cover and solder them. Now put in a steam-cooker or a wash-boiler, cover with water, and boil for four or five hours. If glass cans are used, they should be new ones, or if they have been used before, they should be sterilized by boiling in salted water for one hour. The rubbers should be new. Fill the same as the tin cans, put on the rubber, screw down the covers tight, cook in a steam-cooker for four or five hours, or cook in a wash-boiler by putting four or five thicknesses of cloth in the boiler. Wrap each can with a cloth to prevent breaking.

SHELLED BEANS.

The lima beans are considered the best, but other varieties are good. Cook in boiling, salted water until they are very tender. Season with nut milk and serve hot.

TO WARM UP SHELLED BEANS.

Pour off all the milk, sift through a colander, and mix with an equal quantity of cold mashed potatoes; add 1 well-beaten egg. Make into small cakes with the hands; place on well-oiled tins and bake in the oven. A little thick nut cream may be added if desired.

BOILED GREEN PEAS.

Select good, sweet peas, shell and wash thoroughly, and boil in hot water until tender. About ten minutes before they are done, add salt to taste; then drain and pour over them thin raw peanut milk which has been cooked. Let boil up once and serve. If desired, it may be thickened with a little white flour.

GREEN PEAS BAKED.

Take 1 pint of sifted green peas, and add salt to taste, 1 tablespoonful of very thick nut cream, and a tablespoonful of minced parsley or celery leaves (they must be very fine). Pour in a pudding dish, and bake in the oven until of a nice brown on top.

GREEN PEAS WITH EGG.

Cook the peas until tender. Rub through a colander, and add a little minced celery or parsley, and salt to taste. To 1 pint of sifted peas add 2 tablespoonfuls of thick nut cream and one beaten egg. Put in a pudding dish, and bake in a slow oven or in a pan of water until the egg is set.

FOR NEW RECIPES.

FOR NEW RECIPES.

SOUPS.

SOUPS are not so nutritious, of course, as more solid foods, as they contain so much water; but they are useful at the beginning of the meal, to start the flow of the digestive fluids. One is not so apt to overeat when eating soups, as the water of the soup is so soon absorbed and passes into the system.

PLAIN DUMPLINGS.

Take $\frac{1}{2}$ cup of walnut meal, $\frac{1}{2}$ cup of grated zwieback, salt to taste, $\frac{1}{2}$ cup of flour, and $\frac{1}{4}$ cup of cold water. Mix well; form into dumplings as large as a marble. Cook in the soup and serve with it.

NUTMEATOSE BALLS.

Put $\frac{1}{3}$ cup of nut cream over the fire; when boiling, stir in quickly $\frac{1}{4}$ cup of flour and stir for a minute. Then remove from the stove and let cool; add 1 well-beaten egg and 2 tablespoonfuls of grated nutmeatose. Fold in lightly. Drop this paste on well-oiled tins, in pieces not larger than a small hickory-nut, and bake. Serve in soup.

LA ROYAL, SERVED IN SOUPS.

Take 2 eggs, 4 tablespoonfuls of thin nut cream, and a little salt. Beat the eggs until well mixed. Add the salt and nut cream, and turn into a small basin, well oiled; place in a pan of boiling water, and set in the oven or on top of the

stove until the custard is set. When cold, cut into blocks or fancy shapes. Put into the tureen and turn over them the soup. A little grated nutmeg may be added to the custard if desired.

EGG BALLS.

Boil 4 eggs long enough to have the yolks dry and mealy. Put into cold water, then mash both whites and yolks through a fine sieve, and add the yolk of 1 raw egg, 1 teaspoonful of flour, and salt and parsley to taste. Make into balls and boil four or five minutes.

WALNUT BALLS FOR SOUPS.

Mix $\frac{2}{3}$ cup of bread-crumbs, the yolks of 4 hard-boiled eggs, and $\frac{1}{2}$ cup of walnut meats ground coarse through the mill, or they can be chopped or pounded. Season with salt and bind together with 2 tablespoonfuls of nut milk. Make into balls the size of a hickory-nut, and cook in the soup for twenty minutes, then serve with the soup, hot.

HYGIENIC DUMPLINGS.

Put 1 quart of nut milk into a kettle; when boiling, add $\frac{1}{4}$ teaspoonful of salt, and stir in enough flour to make it quite stiff, like hasty pudding. It is nice to whip it in with a batter whip. Remove from the stove to let cool. While it is cooling, separate the whites from the yolks of 3 eggs and beat each separately, and then add the beaten yolk to the pudding, and lastly fold in lightly the well-beaten whites. Dip up a spoonful and drop it in a saucer of flour, rolling it over to get it all covered, and then drop it in the soup, which should be in the inner cup of a double boiler. Continue this until all the dumplings are in; then cover, and cook twenty

minutes. The reason for cooking them in a double boiler is to keep them at the same temperature of heat and not boil. They can be cooked in an ordinary kettle, but the kettle must be set on the back part of the stove, where it will keep just below the boiling-point. Serve at once. Dumplings are spoiled if they have to stand.

ZWIEOLA DUMPLINGS.

Take 2 cups of nut milk and heat it to boiling, add $\frac{1}{4}$ teaspoonful of salt, and then stir in 1 cup of zwieola and 1 cup of white flour, adding the zwieola first and then the white flour. Remove from the stove, and when cool, fold in the yolks of 2 eggs beaten to a thick cream, and lastly fold in the stiffly beaten whites, drop in tablespoonfuls into boiling hot soup, and cook in a double boiler for half an hour. They can be cooked in an ordinary kettle, but it must be set on the top of the stove in a place where it will not boil after the dumplings have been added, or they will boil to pieces. They may be cooked in any soup, but a nut-broth soup or a raw peanut milk soup is especially nice for dumplings.

NOODLES FOR SOUP.

Beat 1 egg, add a little salt, and as much flour as it will take up. Roll as thin as brown paper, sprinkle very lightly with flour, roll up into a large roll, and slice from the ends, into narrow strips. Shake out the strips lightly and drop into the soup.

BOUILLON NO. 1, OR NUT BROTH.

Take some blanched almonds and roast them in the oven until quite brown, but do not burn. Grind them through the nut-butter mill; then add some cold water about 1 pint for 1

heaping tablespoonful of ground almonds. Put it on the stove and simmer for one hour, add salt to taste, and strain through a fine wire sieve (coffee strainer), and serve in hot cups. This is rich, and has the taste of beef broth. It is also very good as a stock for nearly all kinds of soup.

BOUILLON NO. 2.

Take some pine-nuts, wash and salt slightly, about 1 teaspoonful to 1 cup of nuts, putting the nuts in a pie-tin, and sprinkling the salt over them. Place in the oven and toast to a medium brown, but do not burn them; pour into a plate or pie-tin, and mash with a cup or tumbler, rolling them as with a rolling-pin. They are very tender, and can be crushed between the fingers. Take one tablespoonful of the crushed pine-nuts to one pint of water, and cook for one hour, simmering gently. Salt to taste and strain through a fine sieve. Serve hot in hot cups.

Bouillon is to be served instead of soup with luncheon or with a very hearty dinner where the entrées are elaborate.

BOUILLON NO. 3.

Slice the kernels of Brazil-nuts and place them on a tin in the oven to brown a nice straw color. When cold, grind them, or they can be easily pulverized by rolling on a platter with a glass bottle. A wooden cake board and rolling-pin absorbs so much of the oil, it is not a good thing to use. But if one has a marble slab and a glass rolling-pin, the nuts can be pulverized very quickly and easily. When real fine, use 1 tablespoonful for 1 cup of bouillon. Let it simmer for half an hour or longer. Strain through a coffee strainer. Salt to suit the taste, and serve very hot, in cups.

BOUILLON NO. 4.

Crack some butternuts on the end, and pick out as whole as possible. Place on a tin, and bake in a moderate oven until the inside of the kernels are a dark straw color; then set in a cool but dry place. When perfectly cold, the skins will be loose, and can be easily blanched by rubbing between thumb and finger. Grind or pulverize, and stew gently about 1 teaspoonful for 1 cup of broth.

BOUILLON NO. 5.

Take English walnuts and toast them the same as the butternuts in the preceding recipe. When blanched and pulverized, use 1 teaspoonful for 1 cup of broth, stew gently a half-hour or longer. Strain through a coffee strainer, and salt to suit the taste. Serve very hot.

Pecans, hickory-nuts, or hazelnuts may be used in the same way.

SOUP STOCK.

The bouillon made from any of the nuts makes an excellent stock for soups, and those accustomed to using soup stock made from meat, will immediately think it an improvement to many of the soups. The bouillon with vermicelli, macaroni, or rice makes a very nice soup with only the addition of salt.

ALMOND SOUP NO. 1.

Take 1 pound of almond meal or butter, 1 teaspoonful of sugar, one tablespoonful of corn-starch, 1 quart of hot water, and a pinch of salt. First blanch, dry, and grind the almonds in the nut mill or pound them in a mortar. Then add salt, sugar, and water or almond milk if preferred. Let it boil slowly for ten or fifteen minutes, and then add the starch

rubbed smooth in a little cold water. Let it boil slowly for a minute or two, so that the starch will have time to cook. Have ready in the tureen or each individual soup-plate a few almonds which have been blanched and dried in the oven. Pour the soup over them, and serve with almond rolls or nut-coa crisps.

ALMOND SOUP NO. 2.

Take 1 cup of whole-wheat flour and $\frac{1}{2}$ cup of almond meal; sift together while dry, and then rub smooth in cold water, adding a little at a time until it is thin. Then pour on boiling water, stirring all the time and adding it only as fast as it can be kept smooth; place in a double boiler and cook for one hour. If too thick, it can be thinned with water or nut milk made of almonds.

ASPARAGUS SOUP.

Take 2 bunches of tender asparagus, cut into pieces, put into boiling water, and let simmer until perfectly tender. There should be about 1 quart of water left. Rub all but the hard pieces through the colander. Flavor with salt and nut butter (almond butter or raw peanut cream preferred). Re-heat and serve with toasted bread or crackers.

DRIED BEAN SOUP.

Look over and wash 1 quart of dry beans and put to soak in cold water overnight. The next morning put them in the soup kettle with 4 quarts of cold water, add 1 grated onion, peel and slice 1 turnip and 1 carrot and add with the rest. Boil these ingredients very slowly for three hours, or until they are tender enough to rub through a sieve. Then return to the kettle with the broth in which it was cooked. After

they have been rubbed smooth in a little cold water, add 3 tablespoonfuls of nut butter and 2 tablespoonfuls of white flour. Season with salt and serve with croutons.

BEAN SOUP.

Take 2 cups of left-over beans and two cups of cold mashed potatoes. Put in a kettle with a pint of water, and let boil until warmed through. Put through a colander and season with salt and nut butter and thin with water to the desired thickness. Thyme or parsley may be added to flavor if desired.

KIDNEY-BEAN SOUP.

Soak 1 pint of kidney-beans overnight, and in the morning put them to cook in boiling water. When perfectly tender put through a colander and season with 1 grated onion, salt and peanut butter to taste. Add enough boiling water to make 2 quarts in all. Thicken with 2 teaspoonfuls of flour or gluten.

STRING-BEAN SOUP.

String and cut in small pieces enough string-beans to make 1 pint. Wash well and put to cook in boiling, salted water. When tender, rub through a colander, then return to the stove. Season with salt and raw peanut cream to suit the taste, and thicken by adding finely grated zwieback.

BEET SOUP.

Boil 5 small beets. Let them get cold and grate them. Add 1 quart of nut milk, part nut cream if desired. Heat to boiling, and salt and thicken with a little white flour. 1 cup of raw peanut cream and 3 cups of water make a nice milk for this soup.

CARROT SOUP.

Slice 1 onion, place on an oiled tin, and bake in the oven until of a rich brown color. Place in a stew-pan, add to them 1 sliced carrot and 1 sliced turnip, and cook for an hour. Then add $\frac{1}{2}$ cup of rice, cook one hour more, and press through a sieve. After pressing through the sieve, return to the stove. Add nut milk enough to make of the right consistency and salt to taste. Just before serving, burn a little brown sugar and stir through it. This gives it a nice flavor and a rich color.

CREAM SOUP.

Wash thoroughly $\frac{1}{2}$ pound of rice after picking out all the dark and colored ones. Put into a saucepan, and add 2 quarts of water. Boil slowly for one hour, then rub through a sieve twice. Return to the stove. Season with salt, raw peanut cream, and a very little grated onion if desired. Serve at once, with one poached egg in each soup-plate.

BRAZIL-NUT SOUP.

Boil 2 tablespoonfuls of washed rice in 1 quart of water until quite soft. Add more boiling water to make up for evaporation, and 4 or 6 grated Brazil-nuts (4 large or 6 small), cover closely and keep boiling at least fifteen minutes. Serve with crisps.

Fine hominy, pearl barley, or hulled corn may be used instead of rice. Any other grated nut may be used.

CHESTNUT SOUP NO. 1.

Shell and blanch 1 pound of chestnuts. To blanch, pour boiling water over them, and let stand two minutes, then turn off the water, and the skins will rub off. Put into

1 quart of boiling water with 1 teaspoonful of grated onion, 1 tablespoonful of chopped celery, a little parsley, and cook until the chestnuts will press through the colander. Then return to the stove and add salt and raw peanut cream to taste. Thicken with a little white flour to the right thickness for soup, and serve hot.

CHESTNUT SOUP NO. 2.

Shell, blanch, and boil chestnuts enough to make 2 cupfuls when pressed through a sieve. Add boiling water very slowly, stirring all the time, and keeping the mixture smooth. When 1 quart has been added, let it boil up, and if you fancy it thinner, add 1 cupful more. Add salt if desired.

CHESTNUT SOUP NO. 3.

Grind the chestnuts through the mill, not making them very fine; for each cup of the ground chestnuts add 1 cup of cold water. Work it well with a spoon or the hand and pour into a bowl lined with cheese-cloth, fold the edges of the cloth together, and press out the milk. Put this milk in a double boiler and let it cook for an hour or more. The starch in the milk will thicken it enough. It only needs a little salt and then is ready to serve.

Chestnut milk contains too much raw starch to be eaten without cooking.

CHESTNUT SOUP NO. 4.

Take equal quantities of mashed chestnuts and well-cooked beans. Press them through a sieve, thin with boiling water, boil up once, salt to taste, and if desired a little onion juice or celery salt may be added.

CHESTNUT SOUP NO. 5.

Take equal quantities of mashed chestnuts and well-cooked dried peas, split peas, or green peas. Press through a sieve, thin to taste with boiling water ; boil up once and serve.

CABBAGE SOUP.

Take 1 head of cabbage sliced fine, and cooked until perfectly tender, which will require two or three hours. Rub through a colander to make smooth. Thin with water and raw peanut cream and season with salt. Thicken with a teaspoonful of white flour rubbed smooth in a little cold water.

CELERY SOUP.

Take 2 large heads of fresh, crisp celery, cut in finger lengths, and cook in boiling water until very tender; then add 2 cups of cold mashed potatoes. Sift all through the colander and place on the stove to reheat. Season with 1 level tablespoonful of nut butter (almond is best), and salt to taste. Add enough water to make the desired thickness, and serve.

CRÊME DE POTIRON.

Take 3 pounds of pumpkin, 2 quarts of nut milk, 4 tablespoonfuls of almond meal, 1 teaspoonful of sugar. Cut the pumpkin into slices and boil until tender. Sift through the colander, and add the sugar and salt, then add the nut milk. When hot, serve with croutons.

CUCUMBER AND TAPIOCA SOUP.

Select fresh, tender cucumbers, peel, and cut in slices crosswise, and simmer in 1 quart of water for twenty minutes, or until tender; then press through a sieve with the water in

which they were cooked. Soak 2 tablespoonfuls of tapioca for one hour in 1 pint of cold water; then put in the inner cup of a double boiler, and place this in the outer boiler, in which the water should be boiling. Cook until the tapioca is perfectly clear. Heat the cucumbers, and add 1 teaspoonful of onion juice and salt to taste, and turn in the cooked tapioca. Have ready in the tureen 2 egg yolks well beaten. Pour the hot soup over them gradually, stirring briskly in the meantime. Dry bread grated fine may be used for thickening instead of tapioca, if desired.

GREEN CORN SOUP.

Select corn that is tender, it must not be too ripe. Husk and remove all silks, and with a sharp knife cut each row of kernels through the center, and with the back of the knife scrape or press the kernels from the hulls. When the corn is removed from the cob, grind it through a loosely adjusted nut-butter mill to make it fine and smooth. To 1 pint of this corn pulp, add 1 pint of boiling water, and cook in a double boiler for a half-hour; then season with nut butter (almond is better, but the peanut is good), using 1 level tablespoonful dissolved in 2 of hot water; salt to taste. A milk made of 1 tablespoonful of raw peanut butter to 1½ pints of water is excellent to season corn, but it must be cooked with the corn.

DRIED CORN SOUP.

Take nice, dried sweet corn, and grind through a grain or coffee mill. Take 1 cup of the ground sweet corn and cook in a double boiler one hour. Add 1 cup of nut milk; salt to taste. Thicken with 1 teaspoonful of white flour to keep it from settling to the bottom. If too thick, add more water.

DANISH SOUP.

Soak $\frac{1}{2}$ cup of sago in 1 quart of cold water two hours. Cook in a double boiler until transparent. Add $\frac{1}{4}$ cup of sugar, a pinch of salt, and $1\frac{1}{2}$ cups of fresh red raspberries. If desired, black raspberries or a mixture of fruits, such as prunes, cranberries, and stewed raisins, may be used.

EGG AND POTATO SOUP.

Cook 1 pint of sliced potatoes in enough water to cover them. When tender, rub through a colander or vegetable press and add enough hot water to make 1 quart of soup; then add 1 teaspoonful of nut butter which has been rubbed smooth in 2 tablespoonfuls of hot water, and a pinch of salt. Place on the stove and heat to boiling. Slowly pour thin soup over the well-beaten yolks of two eggs, stirring rapidly to mix the egg evenly with the soup before it cooks in curds. Serve at once without reheating.

LENTIL SOUP.

Cook until tender and rub through a colander. To 1 pint of sifted lentils add 1 tablespoonful of nut butter, 1 grated onion, and salt to taste. Add sufficient water to make of the right consistency for soups. Thicken with 1 teaspoonful of white flour to keep it from settling, and serve hot. This is to be eaten with zwieback which is made as follows: Take nice bread that is very light and porous, that which is two or three days old is better than fresh bread; cut in even slices about two thirds of an inch thick, and place in the warming oven to dry, or in the oven if it is not too hot. If it is toasted too fast or the bread is moist, it will be hard and tough, but if it is dry and toasted slowly, it will be brittle and tender when

done. It should be toasted clear through until it is of a light-brown color. It may be made of white, graham, or whole-wheat flour.

LETTUCE SOUP.

Pull apart and wash thoroughly as much lettuce as needed, put in a hot saucepan, and shake over the fire until the leaves melt. Sprinkle on salt and then press through a sieve. Mince a little parsley, pound it to a paste, and add to the sifted lettuce, then stir in 1 quart of nut milk which has been heated. Let boil up once. Season and serve. It may be thickened if desired.

NUT BARLEY SOUP.

Prepare the peanuts as in the recipe for peanut soup, and to 2 cups of sifted peanuts take 1 cup of cooked barley, 1 grated onion, and a little salt. Thin with boiling water, and let simmer fifteen or twenty minutes. Serve hot with croutons.

OATMEAL SOUP.

To 1 cup of cold cooked oatmeal add 1 teaspoonful of grated onion, a little minced celery tops, and salt to suit the taste. Cover and boil slowly for fifteen minutes, then add $\frac{1}{2}$ cup of chopped nut meats. Press through a sieve and return to the fire. When boiling, add water or nut milk, and serve.

ONION SOUP NO. 1.

Cook the onions as directed for stewed onions. (See index.) When very tender, put through a vegetable press or colander to make them smooth. Salt to taste, and flavor with almond or peanut butter; thin with water. If desired, a little white flour rubbed smooth in a little water may be

added for thickening. Raw peanut milk that has been cooked in a double boiler for one or two hours is the best seasoning for this soup.

ONION SOUP NO. 2.

Cook the onions as previously directed and sift through a colander. To 1 cup of sifted onions add 1 cup of sifted potatoes. Salt to taste; add enough nut milk to make of the right consistency for soup.

PLAIN SOUP.

Take 2 tablespoonfuls of peanut butter emulsified in 1 quart of boiling water and cook in a double boiler for one hour. Salt to taste just before serving. This soup may be varied by adding celery, onions, summer savory, or thyme, to flavor, or steamed rice, cooked macaroni, vermicelli, or vegetables cut fine and cooked in the soup.

PEA SOUP.

Prepare the peas as directed under Peas, and to 1 pint of the sifted peas add 1 level tablespoonful of peanut butter, salt to taste, and if desired, the juice of one onion. Grate the onion, and press out the juice with a spoon. Add sufficient water to make of the right consistency. If thickened with a teaspoonful of flour, it will keep the peas from settling.

PEANUT SOUP NO. 1.

Cook the peanuts as directed. (See index.) Sift them through a colander. To the sifted peanuts add water enough to make of the right consistency for soup, and flavor with salt and a little grated onion to taste; or cooked onions pressed through a colander are better still.

PEANUT SOUP NO. 2.

Cook peanuts as directed. (See index.) When sifted through a colander, take 3 cups of sifted peanuts to 1 cup of strained tomatoes. Salt to taste. Add enough water to make of the right consistency.

RAW PEANUT MILK SOUP.

Take 1 pint of milk that has been extracted from raw peanuts, or 1 tablespoonful of raw butter in 1 quart of water, and place in the inner cup of the double boiler. When boiling, place in the outer part of the boiler, the water in which should be boiling, and cook for two hours. A sprig of parsley may be cooked in it and removed just before serving, or a little onion juice may be used instead. It will not need any thickening, as the milk thickens when it cooks.

PEANUT TOMATO SOUP.

Boil the peanuts as directed. (See index.) Sift through a colander to make them perfectly smooth. To 1 cup of sifted peanuts add $\frac{1}{2}$ cup of sifted tomatoes, $\frac{1}{2}$ cup of water, and salt to taste. Thicken with 1 teaspoonful of white flour to keep it from settling. If it is too thick, thin with water.

PARSNIP SOUP.

Pare and slice 4 medium-sized parsnips and put them to cook. After boiling one hour, add 4 medium-sized potatoes sliced, and let cook until tender. Rub through a colander. Put in enough nut milk to make it as thin as desired, and season with salt to taste. If desired, the parsnips and potatoes may be sliced very thin, or chopped, and not put through a colander. If this latter is done, thicken with 1 spoonful of white flour.

SQUASH SOUP.

Select a good summer squash, the crookneck is the best flavored. Wash thoroughly, cut up in small pieces, and cook in a graniteware kettle or in one that will not color the squash. It is not necessary to peel, or remove the seeds. When tender, put through a sieve with the water in which it was boiled. Add salt and nut cream to taste, and thicken by putting in a little grated bread. The bread should be dried through, then make it fine by grating it on a grater. Serve with nut crisps or croutons.

TOMATO NUTMEATOSE SOUP.

Take one rather small onion and grate fine. Add 1 cup of sifted tomatoes, 1 cup of grated nutmeatose, 1 cup of water, and salt to taste. Thicken with a very little gluten. Serve hot.

TOMATO CELERY SOUP.

Take 1 onion grated, 2 tomatoes, 1 celery head, 1 carrot sliced, 1 spoonful of brown sugar, and salt to taste. Cook until tender and serve with croutons.

CLEAR TOMATO SOUP.

Take 1 pint of stewed tomatoes, 1 teaspoonful of grated onion, 1 tablespoonful of pearl sago, 1 pint of water, 1 pint of thin nut cream, and salt to taste. Cover the sago with the pint of water and let soak for twenty minutes, then stand on the back part of the stove where it will cook very slowly until the sago is transparent and the water almost boiling. Place the tomatoes in a stew-pan, add the parsley and onion, and cook for ten minutes; then add to the tomatoes the nut

cream and put through a sieve. Return to the fire, add the salt and lastly the sago, and serve at once. Serve with white-flour crisps or rolls.

TOMATO SOUP NO. 1.

Take 1 pint of sifted tomatoes, 1 grated onion, 1 tablespoonful of minced parsley, 1 tablespoonful of minced celery, 1 pint of peanut milk or cream as may be desired. Serve hot with crackers or croutons; 1 teaspoonful of sugar and a little salt should be added to the above.

TOMATO SOUP NO. 2.

Select 6 ripe but sound tomatoes which have a good thick meat. Cut in small pieces, and put them in a stew-pan with 1 pint of rich nut milk, 1 teaspoonful of grated onion, and a sprig of parsley. Cook slowly twenty minutes, and put through a sieve fine enough to remove the tomato seeds; return to the fire and add 1 tablespoonful of corn-starch dissolved in 2 tablespoonfuls of nut cream. Add salt to taste. Serve with crackers or croutons.

TURNIP SOUP.

Take 4 very tender and fresh turnips, medium size, slice, and then cut into small pieces and cook in as little water as possible without burning. Add 2 grated onions, or have them chopped very fine, and cook with the turnips. When very tender, add 1 cup of sifted tomatoes and a little celery salt, or minced parsley. Let boil up, and serve with croutons. (See directions for making croutons.) Rutabagas may be used in the place of turnips, if the turnips can not be obtained, but are not quite so nice flavored.

VEGETABLE OYSTER SOUP.

Select fresh vegetable oysters, and soak in cold water a half-hour before preparing for cooking; scrape and drop in a dish with enough cold water to cover them. This will prevent their turning black. When all are cleaned, slice as quickly as possible and drop into boiling hot water and cook until perfectly tender and nearly dry. Then rub through a colander and thin with nut cream (the raw peanut cream that has been cooked is best for this soup), salt to taste, and serve hot. If desired, 1 part of mashed potatoes to 1 part of vegetable oysters may be used instead of clear oysters, and is quite an improvement.

VERMICELLI AND OYSTER SOUP.

Peel and slice onions to measure 1 pint, and boil in 2 quarts of water. Break $\frac{1}{2}$ package of vermicelli into short pieces and add to the onions, about fifteen minutes before serving. Season with salt and nut butter to taste. The butter should first be emulsified.

VEGETABLE SOUP NO. 1.

Take 2 quarts of boiling water, 1 small carrot, 1 turnip, 1 sweet potato, 1 white potato, 1 ear of corn, 1 cupful of peas, 1 cupful of beans, 1 tomato, and 1 tablespoonful of rice. Put the water in a soup kettle, cut the vegetables into pieces of equal sizes, put the carrots and turnips on first, and boil one hour. Then add all the other vegetables and rice, and boil until tender. A grated onion may be added if its taste is agreeable. Season with salt and nut cream, and serve hot.

VEGETABLE SOUP NO. 2.

Take 1 onion, 1 cup of green peas, 1 head of lettuce minced fine, 1 small bunch of parsley minced fine, 1 cup of thick nut cream, 3 egg yolks, $1\frac{1}{2}$ quarts of water. Grate the onion, and put it and the other vegetables in a kettle and boil until tender, then skim out the vegetables. Add salt and nut cream and the well-beaten yolks of eggs, and then add the vegetables again.

VEGETABLE BROTH.

Boil and cut into pieces 1 carrot, 1 onion, and 1 potato. Put them on oiled tins, brush them over with nut cream or nut oil, and bake in the oven until they are a nice brown; put them in a saucepan and let simmer for twenty minutes, then press through a sieve or colander. Return to the kettle and add salt and nut cream if desired. Serve with nutmeato balls.

POT AU FEU.

Slice 1 onion, place on an oiled tin, and bake in the oven until it is of a rich brown color, then place in a stew-pan; add to it 1 sliced carrot and 1 sliced turnip, and cook for one hour; add $\frac{1}{2}$ cup of rice, and cook one hour more; then press through a sieve, and return to the stove; add nut milk enough to make of the right consistency, and salt to taste; just before serving, burn a little brown sugar and stir through it. This gives it a peculiar flavor and a rich color.

FOR NEW RECIPES.

FOR NEW RECIPES.

GRAVIES FOR VEGETABLES AND TOASTS.

TO BROWN FLOUR.

SPREAD flour on a pie-tin about one fourth of an inch thick, and place in a very hot oven. When it begins to color, stir constantly until browned clear through, but not burned. Put it in glass jars. It is excellent for gravies and coloring soups, and should be kept on hand.

NUT GRAVY NO. 1.

Heat 1 pint of water to boiling. Take a little of the boiling water and 1 tablespoonful of nut butter, and rub smooth; then add to it the water. To this add 2 level tablespoonfuls of flour which has been lightly browned, rubbed smooth in a little cold water. Salt to taste, and let boil a few minutes.

NUT GRAVY NO. 2.

Take 1 pint of water, $\frac{1}{2}$ pint of strained tomatoes, 1 tablespoonful of nut butter emulsified with cold water, and a little salt. Heat and thicken with browned flour rubbed smooth in a little cold water.

ALMOND CREAM GRAVY.

Take 1 pint of hot water, and 1 level tablespoonful of almond butter dissolved in a little of the water; then stir into the water, and when boiling, thicken with 1 tablespoonful of

white flour rubbed smooth in a little cold water. Salt to taste and serve with vegetables.

ASPARAGUS GRAVY.

Select good tender asparagus, cook until tender, and rub through a colander. To 2 cups of the sifted asparagus add 1 cup of water and 1 teaspoonful of almond butter dissolved in a little of the hot water or 1 tablespoonful of raw peanut cream. The taste of roasted peanut butter does not blend well with asparagus. Add salt to taste, and thicken with white flour to the right consistency. Serve on toast or vegetables.

CELERY GRAVY.

Take very brittle celery and cook in water until perfectly tender; then rub through a colander or fine sieve to make it smooth. Take out all the strings and hard pieces, if there should be any. To 1 cup of the sifted celery add 1½ cups of water, or the water in which it was cooked, if there is any. Salt and flavor with almond butter or raw peanut cream to taste, and thicken with white flour. This is excellent on toasts and vegetables.

EGG GRAVY.

To 1 pint of water use 1 level tablespoonful of nut butter, dissolve in the water, and thicken with white flour until it is a nice thin gravy. Add 1 egg well beaten the last thing before removing from the stove. The white of the egg may be omitted if desired.

HARD-BOILED EGG GRAVY.

Take 2 hard-boiled eggs and put them through a sieve, both whites and yolks, then add them to a thin cream gravy, and serve with vegetables.

LENTIL GRAVY.

To 1 cup of sifted lentils add 1 pint of water and a few slices of onion. Let boil ten minutes and skim out the onions. Flavor with peanut butter, and salt to taste; thicken with 1 teaspoonful of white flour rubbed smooth in a little cold water. If too thick, thin with more water.

NUTMEATO GRAVY.

Take $\frac{1}{2}$ pound of nutmeato, grated fine, $\frac{1}{2}$ cup of strained tomatoes, $\frac{1}{4}$ teaspoonful of salt, and $\frac{1}{4}$ cup of water. Cook in a double boiler or on the back of the stove. Stir all the time until smooth and thick. Serve on hot dipped toast or vegetables.

ONION GRAVY.

Boil 4 or 5 good-sized white onions until tender. Rub through a colander, add 1 cup of nut cream made by dissolving 1 level tablespoonful of butter in 1 cup of water, or use raw peanut milk after it has been cooked. Salt to taste, and thicken with 1 tablespoonful of white flour. This is a very nice gravy for potatoes.

PEA GRAVY.

Take $\frac{1}{2}$ cup of sifted Scotch peas, or the same quantity of sifted green peas, and add to it 1 cup of water in which has been dissolved 1 teaspoonful of nut butter. Thicken with 1 teaspoonful of flour rubbed smooth in a little cold water. Serve hot on toast, rice, or vegetables.

PARSLEY GRAVY.

Take a sprig of parsley, wash it well, and put in boiling water which has been salted a very little. Boil it for fifteen or twenty minutes, and then chop it very fine and put it

and the water in which it was boiled into a nut gravy made like No. 1, or if desired only the water may be added to give it the parsley taste.

PARCHED CORN GRAVY.

Make the corn flour by parching coarse corn thoroughly brown in the oven; grind in coffee-mill to a fine flour. Use 1 tablespoonful of this, 1 tablespoonful of nut butter, and 1 cup of water. Mix smooth, and add more water while cooking to thin it to gravy consistency. Another gravy can be made by using gluten meal and ordinary milk, and still another by using white flour.

TOMATO GRAVY NO. 1.

To 1 cup of strained tomatoes add 1 cup of water, 1 teaspoonful of peanut butter, and salt to taste. Thicken with white flour. Serve on toast or roasts.

TOMATO GRAVY NO. 2.

Take 1 pint of water and 1 cup of sifted tomatoes, 1 teaspoonful of onion juice, and $\frac{1}{4}$ teaspoonful of salt, and 1 level tablespoonful of white flour. Put the water and sifted tomatoes in a saucepan and when boiling, add onion juice; salt and thicken with the flour rubbed smooth in a little cold water.

TOMATO GRAVY NO. 3.

Make a cream gravy by dissolving 1 tablespoonful of almond butter in 1 pint of boiling water, and thicken with 1 heaping tablespoonful of white flour, and salt to taste. Then add just enough sifted tomatoes to make it a nice pink color, and give it a tomato taste. This is excellent on toast, boiled macaroni, or vegetables.

TOMATO NUT GRAVY.

Make a gravy as directed in recipe No. 1. Heat to boiling one half as much strained tomato, and thicken it as gravies are usually thickened. Put the two gravies together, stir well, and you have an excellent dressing for potato, rice, or plain boiled macaroni.

MOCK MILK GRAVY.

Take 1 large tablespoonful of raw peanut butter, dissolve in 1 quart of water, and cook it in a double boiler for one hour. Then add two tablespoonfuls of white flour which has been rubbed smooth in a little cold water. Salt to taste, and cook for fifteen or twenty minutes.

This is almost exactly like dairy milk gravy.

RAW PEANUT MILK GRAVY.

Take 1 pint of raw peanut milk and cook in the inner part of the double boiler for an hour or more, then salt to taste and add the well-beaten yolk of 1 egg. If too thick, thin with water to the right consistency. Do not cook long after the egg is added, as it may form curds.

PECAN GRAVY WITH EGGS.

Take 1 pint of boiling water, 2 level tablespoonfuls of pecan meal, 1 teaspoonful of peanut butter, a little salt, the yolk of 1 egg, and 1 level tablespoonful of white flour.

Mix the nut meal, salt, nut butter, and yolk of the egg until smooth, then put in a little warm water and rub smooth, add the flour, and when evenly mixed, stir into the boiling water. This is an excellent substitute for meat gravy.

HICKORY-NUT GRAVY.

To make 1 pint of gravy, take 1 pint of boiling water and dissolve in it 2 tablespoonfuls of hickory-nut meal ground quite fine, and thicken with 1 heaping tablespoonful of white flour, rubbing smooth in a very little cool water. Season with salt, and a very little minced parsley, if the flavor of parsley is liked by the family.

PECAN GRAVY.

Take 1 cup of water, 1 heaping tablespoonful of pecan meal, 1 heaping tablespoonful of white flour, and a little salt.

Dissolve the meal in the boiling hot water, then salt and stir in the flour after it has been rubbed smooth in a little cold water. Very good.

ROASTED PINE-NUT GRAVY.

Wash the pine-nuts and roast them in the oven till of a light-brown color. Put them in a cold, dry place to cool; when cold, grind to a butter.

To 1 heaping tablespoonful of this, use 1 pint of water, 1 tablespoonful of white flour, and salt to suit the taste. Dissolve the butter and flour with the water, adding a little at a time. Let it boil for ten or fifteen minutes, to be sure that the flour is thoroughly cooked.

The roasted pine-nut gives it a very meaty flavor.

ROASTED ALMOND GRAVY.

Blanch the almonds and roast them in the oven until they are of a straw color. When perfectly cold, grind as fine as possible.

Use 1 heaping tablespoonful of this butter to 1 pint of water, and thicken with 1 tablespoonful of white flour which has been lightly browned in the oven. Flour that is scorched in the least should not be used. Salt the gravy to suit the taste. Roasting the almonds gives them more of a meaty flavor.

FOR NEW RECIPES.

FOR NEW RECIPES.

PIES.

ALMOND MEAL PIE CRUST.

ONE cup of white flour, $\frac{2}{3}$ cup of almond meal, $\frac{1}{2}$ cup of cold water, and a pinch of salt. Mix the flour and almond meal thoroughly together, add water and salt, and knead but not long. This is sufficient for one two-crust ed pie.

COCOANUT PIE CRUST.

One cup of white flour, $\frac{1}{4}$ cup of cocoanut-oil, pinch of salt, and $\frac{1}{2}$ cup of cold water. Warm the cocoanut-oil, and thoroughly rub it with the flour; then add the water and salt, and knead enough to roll out well.

RAW NUT-BUTTER PIE CRUST.

One cup of white flour, 2 large tablespoonfuls of raw nut butter, $\frac{1}{4}$ cup of cold water, and salt to taste. Rub the butter with the flour, add salt and water, and knead lightly. This is enough for one pie with two crusts. The roasted butter can be used in the same way, but it makes a dark crust.

PEANUT MEAL PIE CRUST.

One cup of white flour, $\frac{2}{3}$ cup of peanut meal, $\frac{1}{2}$ cup of cold water, and a pinch of salt. Mix the flour and nut meal together thoroughly, add water and salt, and knead, but not long. This is enough for one two-crust ed pie.

NUTCOA PIE CRUST.

Take 1 tablespoonful of nutcoa and rub it well in 1 cup of white flour, then add 2 tablespoonfuls of cold water. Knead as little as possible, and roll out as soft as you can handle. More flour may have to be added to keep it from sticking.

NUTCOA TART PASTE.

Take 1 cup of white flour, and mix with it a little salt and about $\frac{1}{2}$ cup of nutcoa and just enough cold water to make it stick together; then roll out and cut in any desired shape. A nice paste for tarts can be made from almond butter or almond meal. If the almond meal is used, use less flour; about $\frac{1}{2}$ cup of flour to $\frac{1}{2}$ cup of almond meal, and a little water.

CHUFA CREAM PIE CRUST.

Let the chufa milk set for several hours, or overnight (see index for Chufa Milk), after which skim off the cream. Take $\frac{1}{2}$ cup of the thin cream, 1 cup flour, a pinch of salt, and enough cold water to make a stiff dough. Work as little as possible. This makes a sweet, crisp, delicious crust.

The chufa should be cultivated by every farmer. It is a sweet, tuberous nut, rich in fats, and, to my knowledge, may be successfully raised as far north as Minnesota. It is quite certain that they will grow in Canada. It would be well to experiment. (See article on Chufa.)

PECAN OR HICKORY-NUT PIE CRUST.

Grind the nuts to a fine meal. To $\frac{1}{2}$ a cup of the meal, 1 cup flour, and a pinch of salt, add sufficient water to make a dough which can be rolled. Work but little. The crust

will be dark colored, on account of the skins of the nuts ; but it will be crisp and palatable. Cream obtained from these nuts would make a lighter crust.

PINE-NUT PIE CRUST.

Grind the pine-nuts to a meal, in a nut-butter mill. Take $\frac{1}{2}$ cup of the meal, 1 cup of white flour, and a pinch of salt, to which add nearly $\frac{1}{2}$ cup of water, and roll out with as little kneading as possible.

COCOANUT CREAM PIE CRUST.

If too thick, add a small quantity of water to the cream, making, perhaps, twice as much as before thinning. Add a pinch of salt, if desired, and enough flour to roll out well. Knead as little as possible. The result is an excellent crust, with a slight cocoanut flavor.

RAW PEANUT CREAM PIE CRUST.

Skim cream from peanut milk after it has set overnight. If too thick, use equal parts of water and cream, taking $\frac{1}{4}$ cup of the cream, and $\frac{1}{4}$ cup of water, a pinch of salt, and enough flour to knead and roll out. Knead no more than necessary. This makes a good, tender crust, having no taste of raw peanuts. It is enough for one pie with two crusts.

ALMOND CREAM PIE.

Take 1 pint of almond cream made by dissolving 1 rounding tablespoonful of almond butter in 1 pint of water, adding but a little at a time. Add $\frac{1}{2}$ cup of granulated sugar, and let stand while beating the whites of 3 eggs to a stiff froth ;

add with the cream and sugar and beat again very thoroughly. Flavor with vanilla, or a little grated nutmeg may be sifted on top of the pie. Bake with one crust.

APPLE CUSTARD PIE.

Stew tart apples until soft and dry as possible, put through a colander, and add 2 well-beaten eggs, 1 tablespoonful of almond butter, $\frac{1}{2}$ cup of sugar, and a little grated nutmeg for each pie. Bake with one crust. If a frosting is put on top, use less sugar in the pie.

ONE CRUST APPLE PIE.

Select nice, ripe apples which are quite tart and will cook up white and soft. Cook with as little water as possible. When done, put through a sieve, add $\frac{1}{2}$ cup of sugar, or more if needed, and the white of 1 egg. Beat to a foam. Pour into a pie-tin lined with a very tender crust. Bake until the crust is done, then cover with the beaten white of 1 egg, $\frac{1}{2}$ cup of powdered sugar, and $\frac{1}{4}$ teaspoonful of vanilla. Return to the oven and brown slightly.

DRIED APPLE PIE.

Wash the dried apples thoroughly, cover with cold water, and stew gently until tender, then put them through a colander or vegetable press. Sweeten to taste, add a little grated lemon or orange peel, and 1 well-beaten egg. Bake in two crusts, and warm slightly before eating.

BANANA PIE.

Mash enough good, ripe bananas to fill a pie crust, add sugar and vanilla to taste ; or, if preferred, a very sour apple grated fine may be added to each pie instead of the vanilla.

Cover with a frosting, and bake in a moderate oven until lightly brown. It should be cold before serving.

CORN-STARCH PIE.

Take 2 tablespoonfuls of corn-starch, 1 quart of raw peanut milk that has been cooked, 1 teaspoonful of rose-water or vanilla. Dissolve the corn-starch in a little of the nut milk. Heat the rest of the nut milk, and when boiling, add the corn-starch and flavoring, and sweeten to taste. If desired, an egg can be added. Place in a pie-tin lined with a nice paste, and bake only long enough to cook the crust.

CRANBERRY PIE.

Line a pie-tin with a good paste. Take 1 quart of cranberries, and put them on the stove in a granite stew basin with a little water. Cook until they pop open, then put through a sieve, sweeten to taste, and pour into the pie-tin. Put over the top strips of the paste rolled thin.

CITRON PIE.

Take a good ripe citron, cut in slices, remove the seeds, cut in small pieces, and stew in a granite stew-pan until very tender. This will take two or three hours. They should be nearly dry when done. At the same time have some very sour apples cooking; cook slowly so that they will not get mushy, drain off the juice, and add the juice only to the citron; sweeten to taste, thicken with a very little corn-starch or flour, and bake with two crusts. This makes a very nice pie. Other fruit juices may be used instead of the apple, as the cranberry, raspberry, strawberry, etc.

COCOANUT PIE.

Shorten the crust with cocoanut oil, and make a filling as follows:—

Take 4 eggs, $\frac{1}{2}$ cup of sugar, 2 cups of water, and salt to taste. Beat the eggs without separating, add sugar, milk of the cocoanut, and enough water to make two cupfuls, or water in which the shredded cocoanut has been boiled (see directions for making cocoanut-oil). Mix thoroughly. Turn into the crust, and bake like custard.

CHERRY PIE.

Wash and pit $1\frac{1}{2}$ pints of cherries. Mix with them $\frac{1}{2}$ cup of chopped walnuts, butternuts, or any nut with a tender meat. Place in a pie-tin lined with an almond crust. Sift over it 1 tablespoonful of white flour, and cover with $\frac{3}{4}$ cup of sugar. Put a crust on top, and bake very slowly.

CUSTARD PIE.

Filling for one pie. Take 4 eggs, 1 pint of water, a little salt, and $\frac{1}{2}$ cup of sugar. Save the white of one egg for frosting. Beat the rest without separating; add the sugar, salt, and water. Pour into the crust, and bake slowly, being careful not to let it whey. By using water instead of milk, you avoid the bad combination of sugar and milk.

CHOCOLATE CUSTARD PIE.

Make the same as the above pie, and add $\frac{1}{2}$ cup of grated chocolate, or on top of a plain custard pie put a frosting of chocolate as directed. (See index.)

DATE AND LEMON PIE.

Take $\frac{1}{2}$ cup of ground dates, the juice of 1 lemon, 1 tablespoonful corn-starch, 1 tablespoonful of flour, 2 cups of water, a pinch of salt. Cook the corn-starch and flour in $1\frac{1}{2}$ cups of water for three or four minutes, then dissolve the dates in the remaining $\frac{1}{2}$ cup of water and stir into it. Then stir in the lemon-juice and salt, and cook in a pie-tin lined with a tender crust, shortened with almond meal, pine-nut meal, or raw peanut cream.

EGG MINCE PIE.

Boil 3 eggs until hard; when cold, remove from the shell, and put through a sieve; add to them 1 cup of nut meal (walnut), a very little salt, and sugar to suit the taste, 1 cup of seedless raisins well looked over and washed, $\frac{1}{2}$ cupful of chopped citron if in its season, 1 cupful of water, 2 cups of chopped apples, 2 tablespoonfuls of zwieola, and a little vanilla or nutmeg. Mix well, and bake with two crusts. The juice and rind of an orange improves

FRESH FRUIT PIE.

Hull and wash well 1 quart of fresh ripe strawberries, put them in a pie-tin which has been lined with a crust made of nutcoa or peanut meal. Sprinkle over the top 2 level tablespoonfuls of almonds, walnuts, hickory-nuts, or peanut meal. Then sprinkle over that 1 tablespoonful of white flour and lastly $\frac{3}{4}$ cup of sugar. Cover with a crust and bake until lightly browned. Other berries and fruits can be used in the same way. The nuts seem to take away the acid effect of the fruit, and can be eaten by those who can not eat acid fruits in any other way.

CANNED FRUIT PIE.

Take some acid canned fruit, such as cherries, enough to fill a pie, thicken with 1 heaping teaspoonful of white flour, add 2 level tablespoonfuls of nut meal made of almonds, hazlenuts, walnuts, or pecans, and sweeten to taste — about $\frac{1}{2}$ cup of sugar. Place between crusts and bake.

GROUND CHERRY PIE.

Take nice, ripe ground-cherries, husk, wash, and cut in halves to see that there are no wormy ones, and put nearly a quart of them in a pie tin lined with a nut-meal crust as given in another recipe. Dust the cherries with white flour, and sweeten with $\frac{1}{3}$ cup of sugar. Cover with crust, and bake in a moderate oven until light brown.

MINCE PIE WITH DATES.

Take 1 cup of walnut meal, 1 cup of ground dates, 2 cups of chopped apples, 2 tablespoonfuls of granola, $\frac{1}{2}$ cup of seedless raisins, $\frac{1}{2}$ teaspoonful of caraway seed, $\frac{1}{2}$ teaspoonful of vanilla, $\frac{1}{4}$ pound of dried ground citron or $\frac{1}{2}$ cup of finely chopped, fresh citron, a very little salt, and sugar to taste. Add a little water if too thick.

MINCE PIE FILLING.

Take 3 cups of chopped apples, 1 cup of chopped citron or $\frac{1}{4}$ pound of dried citron ground through the mill, 1 cup of seeded and ground raisins, $\frac{1}{2}$ cup of seedless raisins or English currants, 1 cup coarsely ground nuts (walnuts, hickory-nuts, or pecans are best), 1 cup of sugar, 2 cups of water, 2 teaspoonfuls of white flour, 4 level tablespoonfuls of zwieola, a

little salt and vanilla. The juice and grated rind of a lemon may be added if desired. Soak the seedless raisins or English currants in the water for an hour or two, then heat to boiling and thicken with the flour. Then mix in the ground raisins and other ingredients. The above is sufficient for three medium-sized pies.

NUT CREAM PIE.

Make the same as any custard pie, using nut cream in place of ordinary milk; flavor with lemon. Always use lightly browned nuts for cream, or use the raw peanut milk.

MRS. B'S PIE CRUST.

For 1 covered pie and 1 open pie, take 2 cups of flour, $\frac{1}{2}$ cup of nut butter; rub into it very thoroughly a little salt, and about $\frac{1}{3}$ cup of ice-water. After tossing together lightly, press crumbs together and roll out without kneading.*

ORANGE PIE.

Dissolve 1 heaping tablespoonful of corn-starch in 3 tablespoonfuls of water, stir it into a cupful of boiling water, and cook until clear, stirring to keep it from getting lumpy. Add 1 cup of sour orange juice, and a little of the grated rind with sugar to taste. When cool, stir in the well-beaten yolks of two eggs. Bake with under crust, and cover with the whites of the eggs and 1 tablespoonful of sugar beaten very stiff, and lightly browned in the oven.

PEACH PIE.

Take fresh, ripe peaches, cut in halves, and remove the pits. Line a pie tin with a nut crust, and place the fruit in it with the inside of the peach up. One layer is sufficient.

Pour over this a custard made of 2 eggs, 1 cup of nut milk, and 3 tablespoonfuls of sugar; add a pinch of salt. Bake slowly until the custard sets, but not until it is watery. Canned peaches that are not mushy will do as well, but the juice should be drained off.

PRUNE PIE.

Stew the prunes until perfectly tender, remove the pits, and put through a colander, add a very little sugar, about 1 tablespoonful to a pie; add also 1 well-beaten egg and $\frac{1}{4}$ teaspoonful of vanilla. Bake with one crust. Cover with a frosting made of the whites of 2 eggs beaten to a stiff froth and 2 level tablespoonfuls of fine granulated sugar, with a little vanilla.

PUMPKIN PIE.

Pare and cut the pumpkin into small pieces. Cook slowly in about one fourth as much water as pumpkin for six hours. When it has cooked four hours, add $\frac{1}{2}$ cup of molasses to three quarts of raw pumpkin. When done, put through a sieve. For one large pie, take $2\frac{1}{2}$ cups of sifted pumpkin, 1 pint of water, $\frac{1}{2}$ cup of sugar, 1 teaspoonful of salt, and 2 eggs. Bake three fourths of an hour.

PINEAPPLE PIE.

Take 1 grated pineapple, 1 cup of sugar, 1 cup of almond cream, and 4 eggs. Beat the yolks of the eggs with the sugar, adding a little of the sugar at a time; then add the pineapple and cream, and lastly fold in carefully the stiffly beaten whites of the eggs. Bake with one crust only. If desired, the eggs may be omitted, and $\frac{1}{2}$ cup more of almond cream and 2 level tablespoonfuls of corn-starch used instead.

POTATO PIE NO. 1.

Make the same as a pumpkin pie. Cook and mash the potatoes, put in 1 egg to a pie, thin with nut milk and sweeten and flavor to taste.

POTATO PIE NO. 2.

Pare and grate 1 large white potato into a deep dish, add 2 tablespoonfuls of cranberry juice or other sour fruit-juice, or if preferred, the juice and grated rind of 1 lemon. Then add the white of 1 egg well beaten, $\frac{2}{3}$ cup of sugar, and 1 cup of cold water. Pour into a pie plate lined with a nut crust, and bake. When done, have ready the whites of 2 eggs well beaten with $\frac{1}{4}$ cup of powdered sugar. Pour this over the pie and return to the oven until of a light-brown color.

SQUASH PIE.

Take 1 cup of sifted squash, and add 2 cups of nut milk made from the raw peanut and cooked for one hour in a double boiler before using. The milk may also be made by dissolving 1 tablespoonful of raw peanut butter in 1 quart of water and cooking in a double boiler for one hour. Then add 1 egg, $\frac{1}{3}$ cup of sugar, and salt to taste. This is enough for one pie. Bake with one crust.

CHESTNUT PIE.

Take 1 cup of sifted stewed chestnuts, 2 cups of peanut milk, 1 egg, $\frac{1}{3}$ cup of sugar, and a pinch of salt.

Make the milk by dissolving 1 tablespoonful of raw peanut butter in 1 quart of water and cooking it in a double boiler for one hour. Beat the egg, add the other ingredients, and bake with one crust.

The milk may also be made as directed for raw peanut milk. But it should be cooked or it will taste of raw peanuts.

SUMMER SQUASH PIE.

Cook a summer squash until tender, then put through a sieve or colander, add sugar, salt, vanilla, and a little corn-starch to thicken it. Pour into a pie-tin lined with nice, tender paste, and bake until the crust is done.

TOMATO PIE.

Pare and slice nice, ripe tomatoes (not too ripe) enough to fill a pie plate lined with a crust as previously directed. Sift over the tomatoes about 2 level tablespoonfuls of white flour so it will not be too juicy, and on top of the flour, sprinkle $\frac{1}{2}$ cup of sugar; more sugar may be needed if the tomatoes are very sour. Cover with crust, and bake only until crust is done.

GREEN TOMATO PIE.

Select good, large green tomatoes, just before they begin to ripen, scald, to remove the skins, and slice into small pieces. Put into a pie-tin lined with a rather thick paste, and sprinkle over them $\frac{2}{3}$ cup of granulated sugar. Cover with a thick crust, and bake slowly for one hour. Season with nutmeg and lemon rind.

WHORTLEBERRY OR HUCKLEBERRY PIE.

Line a pie-tin with a nice paste. Look over and wash the huckleberries and put in nearly 1 quart. Sprinkle over the berries, 2 level tablespoonfuls of white flour, then sift over that $\frac{1}{2}$ cup of sugar. Place over all a top crust, and bake slowly.

WATERMELON PIE.

Cut the watermelon in two parts, remove the central or red part, then after removing the outside skin, and all the red part of the melon, cut in very small pieces, and cook in plenty of water until very tender; add the juice and a little of the grated rind of a lemon, sugar to taste, and a little vanilla. If desired, use 1 teaspoonful of corn-starch for each pie. Rub the starch smooth in a little cold water before adding. Cook until the starch has time to thicken, then place in a pie-tin lined with a nut paste. Bake with two crusts.

ZWIEBACK PIE.

Take 1 cup of grated white zwieback, 1 cup of tart apples chopped fine, $\frac{1}{2}$ cup of malt extract, $\frac{1}{4}$ cup of sugar, $\frac{1}{4}$ cup of almond meal, salt, vanilla, and nutmeg to suit the taste. Bake with two crusts.

TARTS (BOW KNOTS).

Cut thin, puff paste, and form into a double bow-knot. Bake, and place jelly on the bows and loops.

PUDDINGS.

PUDDINGS, if made with dairy milk and sugar combined, are apt to ferment in weak stomachs. They are much better prepared without dairy milk.

CUSTARD NO. 1.

Take 2 cups of raw-peanut milk, $\frac{1}{2}$ cup of sugar. Cook three fourths of an hour in a double boiler. Have ready 2 well-beaten eggs. Pour upon them the cooked milk, beating very rapidly. Add 1 teaspoonful of vanilla extract. Turn all into an agate basin, and bake fifteen or twenty minutes.

CUSTARD NO. 2.

Take 2 cups water, 4 eggs, $\frac{1}{2}$ cup of sugar, 1 pinch of salt, beat the eggs without separating. Add the sugar, salt, and water, and bake slowly, or steam, being careful not to cook too long, or it will be watery.

PRUNE PUDDING.

Look over 1 pound of prunes, discarding all poor ones, and wash very thoroughly in hot water, then cover with lukewarm water and soak overnight. In the morning, put on the back part of the stove, and simmer for three or four hours, or until very tender, in the same water in which they were soaked. There should not be much juice when done. Drain,

remove the stones, and chop. Beat the whites of 4 eggs very stiff, adding 1 cup of sugar, gradually beating all the time. Stir in chopped prunes, and bake twenty minutes. Serve cold with cream sauce or almond cream.

QUEEN PUDDING.

Take 1 pint of bread-crumbs, $\frac{3}{4}$ quart of nut milk or hot water, the yolks of 4 eggs and the whites of 1, beaten. Flavor with vanilla or rose, and bake until done. Whip the whites of 3 eggs stiff, beating in $\frac{1}{2}$ cup of sugar, adding a little at a time. Spread on the pudding a layer of jelly or jam. Spread the whites of the eggs over this, and place in the oven until slightly browned. Serve cold, or cool.

INDIAN PUDDING.

Take $1\frac{1}{2}$ cups of Indian meal, 1 cup of malt, 2 quarts of milk (nut), 2 eggs, 1 tablespoonful of salt.

Scald 1 quart of the milk and pour over the meal, then stir in the malt and cold milk, and lastly the salt and eggs. Steam five hours, and serve with cream or a sauce.

POOR MAN'S RICE PUDDING.

Take 1 quart of nut milk, 2 tablespoonfuls of rice, $\frac{1}{2}$ cup of seedless or seeded raisins. Sweeten to taste, and add $\frac{1}{4}$ teaspoonful of vanilla, or any flavoring you may desire. Mix and bake from 1 to $1\frac{1}{2}$ hours, stirring frequently. Do not let the pudding brown until it has thickened sufficiently. Cool before serving. Raw peanut milk is very good in this pudding. Milk made from other nuts is also good, the almond being the best.

COCOANUT PUDDING NO. 1.

Take the milk of the cocoanut and enough water to make $1\frac{1}{2}$ quarts. Grind the cocoanut through the nut mill. Add 2 tablespoonfuls of the ground cocoanut to the water, and simmer or cook in a double boiler for twenty minutes, until the flavor and oil are given off in the water, then strain. To the flavored water add $1\frac{1}{2}$ cups of boiled rice, 1 cup of seeded raisins or seedless ones, $\frac{1}{2}$ cup of sugar, and 3 well-beaten eggs. Turn into a pudding dish, put into a pan of hot water, and bake until the custard sets. Serve either warm or cold.

COCOANUT PUDDING NO. 2.

Take 2 cups of white zwieback pulverized, $\frac{3}{4}$ cup of ground cocoanut, $\frac{1}{2}$ teaspoonful of vanilla, 3 eggs, $1\frac{1}{2}$ pints of water, $\frac{1}{2}$ teaspoonful of salt, and 1 cup of sugar. Beat the eggs very light, add the sugar, and beat again. Add the other ingredients, and stir until smooth. Bake in an oiled pudding dish three fourths of an hour.

TAPIOCA PUDDING NO. 1.

Soak $\frac{1}{2}$ cup of tapioca in 1 cup of cold water for two hours, then add 1 cup more of water and boil until the tapioca melts. When done, it should be quite thick. Add a well-beaten egg and sugar and flavoring to taste. Turn into a pudding dish, and cook gently for one-half hour. Part nut milk may be used instead of the water.

TAPIOCA PUDDING NO. 2.

Put 1 cup of tapioca and 1 teaspoonful of salt into $1\frac{1}{2}$ pints of warm water, and let soak for two hours. Then cook in a double boiler until transparent. A little sugar may be

added if desired. Have ready 6 tart apples. Pare, and remove the core without breaking the apple, and fill the holes with sugar. Flavor with orange peel. Place in a pudding dish, add a very little water, cover, and let bake until tender, but not mushy. Then carefully remove to individual glass dishes (the dishes should be warmed to prevent them from breaking); pour over the apple a portion of the cooked tapioca. Serve just warm.

GREEN CORN PUDDING.

Take $\frac{1}{2}$ pint sweet corn, cut from the ear, or canned corn will do, 2 eggs, 1 pint of almond milk, and a little salt. Beat the eggs, add the milk, salt, and corn, and steam one hour.

BREAD PUDDING.

Take $\frac{2}{3}$ cup of toasted bread-crumbs, $\frac{1}{2}$ cup of sugar, 1 quart of water or nut milk, the beaten yolks of 4 eggs, and 1 whole egg. Mix thoroughly, and flavor with salt and vanilla. Pour into an oiled pudding dish; set in a pan of hot water, and bake until the custard is well set. Remove from the oven, and cool. Then cover with $1\frac{1}{2}$ cups of prune marmalade. Cover the whole with a meringue made of the whites of 4 eggs beaten with 4 tablespoonfuls of sugar. Brown in the oven. Very nice.

MOTHER'S PUDDING.

Take 1 cup of chopped seedless raisins, 2 cups of chopped tart apples. Mix together, and fill a granite basin with alternate layers of the fruit and bread-crumbs, having the bread-crumbs on the top. Do not use more bread-crumbs than fruit. Moisten the whole with a tablespoonful of lemon-juice

in a cupful of cold water. Let stand for a few minutes, and then add enough more water to thoroughly saturate. Place in a larger basin of hot water, and bake until the apples are perfectly tender.

STEAMED APPLE PUDDING.

Take 2 cups of grated bread, $\frac{1}{2}$ cup seeded raisins, 1 cup of chopped apples, $\frac{1}{4}$ cup of sugar, and 3 eggs.

Mix the bread-crumbs, raisins, apples, and sugar thoroughly together, and add the eggs well beaten. A little grated nutmeg may be added if desired.

FIG PUDDING.

Take 5 eggs, $\frac{1}{2}$ cup of ground figs, 2 cups of bread-crumbs, $\frac{2}{3}$ cup of sugar, 1 cup of coarsely ground nuts, and 1 cup chopped citron or $\frac{1}{4}$ pound dried citron ground through the mill. Add $\frac{1}{4}$ teaspoonful of vanilla, and salt to taste. Beat the eggs without separating, and mix with the other ingredients. Put in a pudding dish, and steam four hours.

APPLE DUMPLING.

Make the dough the same as for roly-poly given on next page. Pare as many tart apples as you want dumplings. Take out the core with a sharp knife; or a new clothes-pin may be used, by taking hold of the spreading part of the pin, and pressing it in at the blow end of the apple; then whirl it around a few times, and the core will come out nicely, and leave the apple whole. Fill the hole with sugar. Roll out the dough about one-half inch thick, or thicker if you desire, take enough to cover the apple, and pinch together. When all the apples are covered, let it rise until it is light, and bake in a moderate oven.

APPLE ROLY-POLY.

Make a raised biscuit dough as follows: $\frac{1}{3}$ cake of compressed yeast or $\frac{1}{4}$ cup of home-made yeast, 1 cup of nut milk. Let rise until very light, then add the following: $\frac{1}{4}$ cup of sugar, 1 cup of nut meal, a little salt, and flour enough to make a stiff dough. Roll out two thirds of an inch thick. Have ready 2 cups of chopped apples, $\frac{1}{2}$ cup of raisins, and 1 tablespoonful of walnut meal. Mix, and spread on the dough; then beginning at one end, roll up like a jelly roll cake. Press edges well together to keep the juice in. Set where it will rise, and when light, steam for one hour or more.

CARROT PUDDING NO. 1.

Take 1 cup of cooked carrots rubbed through a colander, 1 cup of nut milk made by dissolving 1 teaspoonful of nut butter in a cup of water, $\frac{1}{3}$ cup of sugar, pinch of salt, and 1 well-beaten egg. Flavor with vanilla. Mix thoroughly together, and bake like custard.

CARROT PUDDING NO. 2.

Take 1 cup of grated carrots, $\frac{3}{4}$ cup of coarsely ground nuts (walnuts, hickory-nuts, or pecans), 1 cup of seeded raisins, 2 tablespoonfuls of sugar, 4 teaspoonfuls of flour. Salt and flavor to taste. Steam four hours. Place in the oven, and serve hot with fruit sauce.

LEMON PUDDING.

Take $\frac{1}{2}$ cup of coarsely ground nuts (walnuts or hickory-nuts are best), 1 lemon, 1 cup of sugar, 1 cup of flour, 3 eggs, 1 teaspoonful of salt, 1 pint of bread-crumbs. Mix bread-crumbs, nuts, flour, and sugar well together, and some of the

grated rind of the lemon and strained juice. Moisten this mixture with eggs and sufficient water to make a thick batter. Put into an oiled pudding dish, and steam three hours.

This recipe is not good for weak stomachs, as the lemon hinders the digestion of starch, and is apt to cause it to ferment in the stomach.

ESCALLOPED APPLES.

Oil a pudding dish, and put a layer of peeled, sliced apples in the bottom. Sprinkle with sugar and flour and a very little nut meal. Fill the dish in this manner, and bake one hour, covering the dish to prevent burning on the top. Serve cold or hot.

FLOATING ISLAND.

Make a custard of the yolks of 4 eggs and 2 whole eggs, $\frac{2}{3}$ of a quart of water, a pinch of salt, and sugar to taste. Cook just enough to let the custard set, but not to get watery. Pour into a large dish. Beat the whites of the eggs to a stiff froth, flavoring with sugar and vanilla. Take a spoonful at a time, and place in gently boiling water; leave a minute and turn over, leave another minute and take out, placing on top of the custard. Serve as cold as possible.

APPLE FOAM.

Peel and grate 1 large sour apple, sprinkling over it a small cupful of powdered sugar as you grate it, to keep it from turning dark. Break into this the whites of two eggs, and beat it all constantly for one-half hour. Take care to have it in a large bowl, as it beats up very light and stiff. Heap this in a glass dish, pour a fine, smooth custard around it, and serve.

CRANBERRY TAPIOCA.

Take 3 cups of cranberry juice, the juice of 1 orange, $\frac{1}{2}$ cup "minute" tapioca, or sago, and $\frac{1}{4}$ cup sugar; boil gently for fifteen minutes; serve with nut cream.

TAPIOCA AND NUTS.

Soak 1 cup of tapioca in 1 pint of water, add 1 quart of boiling water, and cook in a double boiler until clear; then stir in 1 cup of seedless raisins and 1 cup chopped almonds and cook one hour or longer. Some use stoned or even whole raisins, and others a mixture of raisins and currants. This can be molded, and used cold with nut meal sprinkled over it, or with a nut gravy.

FAIRY PUDDING.

Select good tart apples that will cook quickly, put them in a bowl or pudding dish, and place in the oven to heat. While it is heating, make a puff paste by mixing 1 cup of flour, 1 cup of nut milk, 1 egg well beaten, and a little salt.

Beat the flour and salt into the milk, then add the well-beaten egg by folding it in, and pour this over the apples, which should be sprinkled with a little sugar before pouring on the batter. Bake in a quick oven.

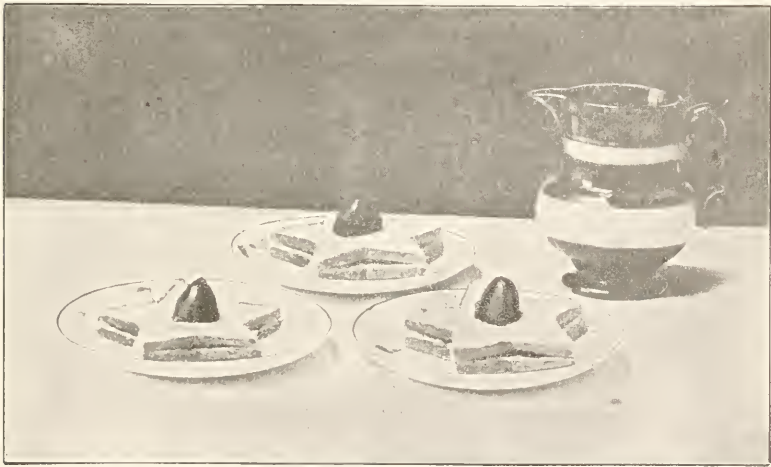
SURPRISE PUDDING.

Cut one-half inch slices of white bread with a cooky cutter, and pour over the pieces cranberry juice, or any other fruit juice which will color them pink or red; place two together on a saucer, and cover with a hot sauce made with 1 pint of cocoanut milk thickened with 1 tablespoonful of corn-starch, and sweetened to taste. Stir until it thickens, and let cook

for about ten or fifteen minutes; then pour this hot over the pink rounds of bread, and serve at once. The white sauce covers up the pink, and gives a pleasant surprise to the eater.

SURPRISE DESSERT.

Take slices of white bread and cut out some stars of medium size. Spread them with dates, which have been



SURPRISE DESSERT.

ground, and stirred to a paste with water. When spread, put two of the stars together. If desired, the bread may be spread with nut butter before putting on the dates. Put on the top of each a little pyramid of jelly cut by turning a tea-spoon in the jelly. The accompanying figure will help to get the correct idea. This dessert is to be served in individual dishes with nut cream; cocoanut cream is very nice with this dessert.

FOR NEW RECIPES.

FOR NEW RECIPES.

SAUCES FOR PUDDINGS.

ALMOND CREAM SAUCE.

TAKE 1 cup of almond cream, $\frac{1}{2}$ cup of powdered sugar. Cream together, and just before serving, add vanilla, and 2 tablespoonfuls of white currant juice or white grape juice, or if desired, the juice of 1 lemon.

ALMOND SAUCE.

Take 1 cup of almond milk, and when boiling, thicken with 1 teaspoonful of white flour rubbed smooth in a little cold water. Add 2 tablespoonfuls of sugar, then stir in $\frac{1}{3}$ cup of almond meal, or almonds blanched and dried in the oven until crisp and then chopped, and lastly add the well-beaten white of an egg, folding it in. Remove from the stove at once. Other nuts may be used in the same way.

APPLE SAUCE.

Select good tart apples that have a white flesh; peel and grate, adding a little sugar while grating to keep them from turning dark. To 1 grated apple add the white of 1 egg and 1 tablespoonful of sugar. Beat for twenty or twenty-five minutes, and then place on top of a dish of pudding. This is especially nice for cold puddings, but the sauce should not be made until needed.

BAKED APPLE SAUCE.

Quarter and core good tart apples, put them with a tablespoonful of water in a pudding dish, and place in the oven. Bake until they are all of a mush, then beat with a silver or wooden spoon until they are foamy. Add sugar and a little peanut cream to suit the taste.

BANANA FOAM.

Take 2 large ripe bananas or 3 small ones, and mash with a fork. Add the whites of 2 eggs and $\frac{1}{2}$ tablespoonful of sugar, and beat with an egg beater for from fifteen to twenty minutes, or until it is very stiff. The colder the eggs and bananas are, the quicker it will get stiff. Serve at once. This is excellent on grains, toast, or desserts, or as a food for the sick, as it is nutritious and very easily digested.

BOILED SAUCE.

Melt $\frac{1}{2}$ pint of sugar in a very little water. Let it boil, and then add $\frac{1}{2}$ cup of water, or $\frac{1}{2}$ cup of fruit juice. When hot, pour this over the well-beaten whites of 2 eggs, beating all the time to get it smooth and evenly cooked. A little rose-water or vanilla may be added, if desired. When fruit juice is used, this makes a very nice filling for a layer-cake, and is also excellent on steamed puddings.

COCOANUT SAUCE.

Take 1 cup of cocoanut cream as directed (see index); thicken it with 1 teaspoonful of white flour, add 1 tablespoonful of sugar, and if desired, the beaten yolk of 1 egg.

CRANBERRY SAUCE.

Stew 1 quart of dark cranberries in enough water to cover them. When they have burst, put them through a colander or sieve, add 1 pound, which is $2\frac{1}{2}$ cups, of sugar. Let boil a few minutes, and then it is ready to serve. This is an excellent sauce for nearly all kinds of puddings.

FIG SAUCE.

Take good figs, remove the stems, wash in warm water, and grind in the family nut-butter mill. If adjusted closely, it will grind the seeds to a flour. It is not necessary to cut the figs in pieces, as they can be pressed in with the fingers without it. When ground, thin with hot water to the consistency of gravy, and if desired, it can be flavored with nut butter.

FRUIT JUICE SAUCE.

Take $\frac{1}{2}$ cup of nut butter, 1 cup of sugar, 1 tablespoonful of corn-starch, $\frac{1}{2}$ cup of cold water, and $\frac{1}{2}$ cup of fruit juice. Cream the butter and sugar together, and stir in the corn-starch wet in the water. Cook until thick, and then add the fruit juice. The water may be omitted, and 1 cup of the juice used if desired, unless it is quite acid fruit. The juice of grapes, strawberries, cranberries, raspberries, etc., may be used.

LEMON SAUCE.

Take $\frac{3}{4}$ cup of sugar, $\frac{3}{4}$ cup of nut butter, 1 egg, the juice and a little of the grated rind of 1 lemon, 1 teaspoonful of nutmeg, and $\frac{1}{2}$ cup of boiling water. Put into a double boiler, and heat until very hot but not boiling. Stir constantly.

LEMON SYRUP.

Select good, solid, heavy lemons, as the soft, spongy ones contain but little juice ; wash and wipe them dry. Roll on a plate or platter until the oil starts, then rub with sugar (granulated is the best) until all the oil is taken up by the sugar. Squeeze out the juice, and strain it through a cloth to remove all the seeds and white particles, as they will make it bitter. Allow about $1\frac{1}{2}$ pounds of sugar to 1 pint of juice, using the sugar in which the lemons were rubbed. Let it boil gently for fifteen or twenty minutes, and strain if it is not clear. Reheat, bottle, seal tight, and put in a cool place. Lemon syrup, sealed in this way, will keep for any length of time, and is always ready for use; it is nice for flavoring puddings, sauces, cakes, and pies.

ORANGE SYRUP.

Select good, fresh oranges, wash and wipe them well, and roll them on a platter until the oil starts from the pores, then take 1 pound of sugar, a little in each hand, and rub the oranges until all the oil is out, changing the sugar as is needed, and do this with all the oranges you wish to make into syrup in the same way. Then squeeze out all the juice, strain it, put in the pound of sugar saturated with the oil, which will be enough for 1 pint of the syrup. Put on the back of the stove, and simmer gently for fifteen or twenty minutes. Then if it is not perfectly clear, strain through a cloth. Reheat, and put it in bottles; cork, and seal tight. This syrup is very nice to flavor puddings and pies, and can be made when oranges are cheap, and then can be kept the year round.

MAPLE SUGAR SAUCE.

Take 1 cup of maple sugar and 1 cup of water ; place on the stove, and let simmer for one-half hour, removing all the scum. Add 2 tablespoonfuls of walnut meal or any nut meal desired. Add 1 teaspoonful of flour rubbed smooth in a little cold water and $\frac{1}{4}$ teaspoonful of vanilla, or a little grated nutmeg may be used if preferred.

NUT CREAM SAUCE.

Take $\frac{1}{2}$ cup of molasses, $\frac{1}{2}$ cup of water or nut milk, and 1 tablespoonful of lemon-juice. Thicken with flour, and flavor with nutmeg or vanilla.

ORANGE SAUCE.

Take the juice of 2 oranges, and enough water to make $1\frac{1}{2}$ cups of liquid. Put in the inner part of a double boiler, and when boiling stir in 1 heaping teaspoonful of corn-starch rubbed smooth in a little cold water, place in the outer cup of the double boiler, and cook for fifteen minutes. Meanwhile beat the whites of 2 eggs until stiff and dry, and pour the hot sauce over them, beating constantly to keep it smooth; then pour back into the double boiler and return to the stove, stirring constantly until it is creamy and the egg is set. Then serve hot on steamed or baked pudding.

PLAIN SAUCE.

Take $\frac{3}{4}$ cup of nut butter, $1\frac{1}{2}$ cups of sugar. Rub together. Add 2 well-beaten eggs, and just before serving, add enough boiling water to make a thick cream.

PLAIN NUT SAUCE.

Take $\frac{1}{2}$ cup of nut butter, either almond or peanut, 2 well-beaten eggs, and enough boiling water to make a thick cream. Flavor with vanilla, and serve at once.

PINEAPPLE SAUCE.

Grate a pineapple, add a little water, and let simmer until tender, then add 1 cup of sugar, if it is a large pineapple, but less if a small one. Let boil for five minutes, and serve. If desired, thicken with a little corn-starch.

STRAWBERRY SAUCE.

Take 1 pint of mashed strawberries, 1 large tablespoonful of nut butter (almond butter preferred), $1\frac{1}{2}$ cups powdered sugar, and the beaten white of an egg. Take a little of the strawberry juice and mix with the butter until it is like thick cream. Now add the sugar, and beat very lightly; add the egg, and just before serving, add the mashed strawberries.

STRAWBERRY FOAM.

Take 1 pint of nice, ripe strawberries that are perfectly fresh; hull, wash, and drain until dry; then add the whites of 2 eggs, $\frac{1}{2}$ cup of sugar, and beat with an egg beater until very stiff, or from twenty to twenty-five minutes. Serve at once.

FILLINGS.

ALMOND FILLING.

BLANCH $\frac{1}{2}$ pound of almonds by putting on boiling water and leaving them for two or three minutes; then pour off the water, and rub off the skins. Place in a warm oven to dry, and when thoroughly dry (if not well dried, they do not grind well), leave out $\frac{1}{4}$ cup, and grind or pound the remainder to a paste in a mortar. Beat the whites of four eggs to a crumbly stiffness. Add 1 teaspoonful of rose-water and $\frac{1}{2}$ pound of powdered sugar. Fold all together. Spread in a thin layer on the top of each layer of cake; take the almonds that were left out, slice them crosswise quite fine, and cover the top. A sprinkling of red sugar sand adds to the beauty of the cake; other colors may be used if desired.

APPLE SNOW FILLING.

Grate 2 nice, ripe apples which have a white flesh, sprinkling on a little sugar as you grate, to prevent their turning dark (pulverized sugar is best). Add to the apples the whites of 2 eggs, and beat, adding 1 cup of pulverized sugar, a little at a time. Beat continuously for twenty minutes or more, and spread between the layers.

CRANBERRY FILLING.

Cook some good, dark-red cranberries in as little water as possible; when done, put through a sieve. Add 2 cups of pulverized sugar, and 2 whites of eggs, and beat for twenty or

twenty-five minutes; then use at once. Other fruit may be used in the same way. These cakes should be eaten the same day that they are baked.

CORN-STARCH FILLING.

Take 1 cup of nut milk, 1 tablespoonful of corn-starch, 1 egg beaten to a cream, $\frac{1}{2}$ teaspoonful of vanilla, $\frac{1}{4}$ pound of powdered sugar, and 1 teaspoonful of rose-water. Put a little of the cold milk on the starch, and the rest of the milk on the stove; when boiling, add the well-beaten eggs and sugar, and stir it constantly until the custard sets, but be careful that it does not curdle. Remove it from the fire; add the flavoring, and set away to cool; then spread on the cake.

CHOCOLATE CREAM FILLING.

Make a filling like the above, and when done, add 4 tablespoonfuls of grated chocolate which has been dissolved by placing in a basin over the tea-kettle, or in some warm place. Set away to cool before using.

CHOCOLATE FILLING NO. 1.

Take $1\frac{1}{4}$ cups of powdered sugar, yolks of 2 eggs, $\frac{1}{4}$ cup of boiling water, and $\frac{1}{2}$ pound of sweet vanilla chocolate. Stir all together until it makes a smooth cream, to be spread between any nice layer cake.

CHOCOLATE FILLING NO. 2.

Take the whites of 3 eggs whipped to a stiff froth, 12 ounces of powdered sugar, 1 teaspoonful of vanilla, and 3 tablespoonfuls of grated chocolate. Set the sugar and choco-

late in a warm place where they will melt. Add the vanilla, and beat in the well-beaten whites, use at once or place on ice until needed.

FIG FILLING.

Take 1 pound of figs; grind them through a nut-butter mill, and add to them a little nut cream. Work until a smooth paste is formed, and spread between the layers of the cake when the cake is cool.

LEMON FILLING.

Take $\frac{1}{2}$ cup of sugar, 2 eggs, $\frac{1}{2}$ cup of white flour, and the juice and grated rind of 1 lemon. Beat the yolks and whites separately, add the sugar to the yolks and a little salt, adding the lemon-juice to the whites. Then take $\frac{1}{2}$ cup of boiling water, and thicken it with the white flour until it is a nice gravy; then fold in the beaten yolks and whites, and use at once.

PEANUT FILLING NO. 1.

Make a peanut gravy by dissolving a tablespoonful of peanut butter in 1 pint of boiling water. When boiling, add enough corn-starch (about 1 tablespoonful) to make of the right consistency, a very little salt, and sugar to taste; add $\frac{1}{2}$ teaspoonful of vanilla. Spread between the layers; use the peanut frosting on top, and decorate with a few peanuts split in halves, roasted to a light brown.

PEANUT FILLING NO. 2.

Take 1 cup of granulated sugar, and 2 cups of water in which has been dissolved 1 tablespoonful of peanut butter; place on the stove, and boil until it thickens, when a little is

placed on a cold dish. Then pour while hot over the whites of 2 eggs which have previously been beaten to a stiff froth, beating continuously while pouring it on, that the egg may be cooked evenly and smooth. When partly cool, spread it on the layers of cake, putting it on the top also. Leave it in a cool place to dry for several hours before using.

This is very nice, and the cake keeps well.

PEACH FILLING.

Take 1 cup of sugar, 2 eggs, $\frac{1}{2}$ cup of flour, 1 quart of sifted peaches, and 1 teaspoonful of vanilla. Beat the eggs well, add the sugar, then the hot peaches which have been sifted through a sieve. Thicken with the flour rubbed smooth in a little cold water, add vanilla, and let cook gently for four or five minutes; then spread on the layers. This is better eaten the same day.

WALNUT FILLING.

Take 1 cup of granulated sugar, and $\frac{1}{3}$ cup of water, and boil together until stiff when tried in cold water. Take the whites of two eggs, beat them to a stiff froth, and turn the boiling sugar slowly over the beaten whites, continuing the beating all the time until it is smooth and creamy. Take $\frac{2}{3}$ of a cup of thin cream, and mix with it 1 cup of chopped walnuts. Spread this between the layers. Spread the other third on the top, and before it dries, press into it whole halves of walnut kernels. Other nuts may be used instead of walnuts.

CAKES.

CAKES and pies which are filled with animal fats, irritating spices, and are raised with baking-powder or soda, are certainly very unwholesome; to use them in our bill of fare could work nothing but injury to all who partake.

Animals are becoming so diseased that it is no longer safe to use their flesh as food, and even if they were not diseased, free fats are hard of digestion. Neither the saliva nor the gastric juice digests fats; therefore if particles of food are covered with free fat, the gastric juice can not digest them, and they remain in the stomach undigested.

In weak stomachs, fermentation will set in, and a sour stomach and sometimes headache will be the result. Nut butter, nut meal, etc., are not free fats, as they can be readily dissolved in water, forming an emulsion or cream, while free fats will float on top of the water and not mix.

The spices so commonly used in cakes and pies are not foods, and only act as irritants in the stomach. The soda and baking-powder, generally used in cake baking, are very injurious. Soda is alkaline in its nature. The gastric juice is acid. If too much soda is used for the sour milk or cream of tartar, the effect will be to sweeten the gastric juice, and destroy its digestive properties. Baking-powder which is mixed with the proper proportion of alkali and acid elements, is not so apt to have that effect, but all baking-powders are more or less adulterated with alum and other elements which are very injurious to the stomach.

“Saleratus in any form should not be introduced into the stomach, for the effect is fearful. It eats the coatings of the stomach, causes inflammation, and frequently poisons the whole system.”

Spices and condiments, which usually enter into cake making, are equally injurious. The effect that they have upon the stomach can be illustrated by putting them upon a raw surface or in the eye; inflammation immediately takes place. They irritate the nerves, cause irritability and peevishness, and create a craving for something more highly spiced, which often leads to grosser forms of intemperance.

Cakes, as usually made, with large quantities of free fats and sugar, clog the system, and make a bad quality of blood; they also have a bad effect upon the kidneys. To dispose of this kind of food brings a heavy tax upon the whole system.

The object of the author is to place before the public a few recipes for light, appetizing, and beautiful cakes and pies, without the use of animal fat, milk, butter, cream, soda, baking-powder, or spices. Not that they should be recommended as an every-day diet, or to take the place of simple foods, but as an occasional luxury, and as a substitute for more injurious pastry.

In order to make nice, light cakes without soda or baking-powder, more pains must be taken, and the recipes carefully followed. All material must be ready to add, the flour and sugar sifted, the eggs broken and separated, if they are to be beaten separately, the seasoning and shortening all ready to put in, and the cake tins and oven ready. Then much depends upon the beating of the eggs. The cakes are raised by the expansion of the air bubbles that are beaten into the eggs; it is therefore necessary that as much air as possible be beaten in and retained. After adding the whites and yolks, they should not be beaten or stirred, but *folded* in, and especially after the

flour is added, they should be worked as little as possible or the cake will be tough and heavy. A great deal depends upon the baking ; if the oven is too hot, the cake will crust over before it has time to rise ; if it is too cool, the air will escape before the heat is sufficient to expand it, and in either case it causes a failure. A moderate and even temperature is what is needed. The cooling also has something to do with its being a success. Sometimes they look nice and light when removed from the oven, and then begin to fall. The best remedy for this is to bake in the Misses Lisk's baking tins. They do not need oiling ; when the cake is done, turn it bottom side up on the legs of the tin until it is cold. If these tins can not be had, bake in a common bake tin, lined with oiled paper. When done, cover the top with a paper or napkin to prevent its cooling too fast.

The flour for cake making should be granular ground ; spring wheat is the best, although all kinds can be used, but will not be so light. Gluten can be used instead of flour, but requires only two thirds as much.

Granulated sugar is the best for cake making, and should be of fine granules. *The coarse granulated sugar will not make a light cake.*

None need fear that they will not succeed, for perseverance will win the race. If the first cake is not so very light, the next one will be better ; for experience will help to make it faster, and *rapidity* is the most essential thing in making unleavened cakes.

ALMOND CAKE.

Take $\frac{1}{2}$ pound of powdered sugar, $\frac{1}{2}$ pound of seedless raisins, 4 eggs, $\frac{1}{4}$ pound of rice flour, 6 ounces of flour, 1 cup of almond meal. Mix meal and sifted sugar together, beat the yolks and whites separately to a stiff froth, then fold them

together, and fold in the meal and sugar. The raisins should be well washed and powdered with flour, and lastly fold in the flour. Have ready the following icing: 1 cup of sifted powdered sugar, 2 whites of eggs, $\frac{1}{3}$ pound of almond butter. Oil a bake tin, and put in a layer of the cake dough, then spread with a thin layer of the icing, and so on, having the cake on top. Bake in a moderate oven.

COCOANUT CAKE NO. 1.

Take 5 eggs, 1 cup of almond meal, 1 cup of sugar, salt to taste, 1 tablespoonful of water, 1 cup of granular white flour (Pillsbury's Best). Beat the yolks and whites separately. To the beaten yolks add the sugar a little at a time, continually beating. Then add the salt to the whites, and beat until quite stiff, then add the water, and beat until it has a cooked appearance. Turn the whites into the yolk mixture, and fold in lightly, so as to not get the air out of the whites. Then fold in the nut meal in the same way as the whites of the eggs; lastly fold in the sifted flour. Work as little as possible after the nuts and flour are added, as it will make it heavy and tough. Bake on jelly tins, and when cool, use for a filling a cocoanut sauce as directed (see index). Sprinkle dessicated cocoanut on top.

COCOANUT CAKE NO. 2.

Take $\frac{1}{2}$ pound of grated cocoanut, $\frac{1}{4}$ pound of granulated sugar, $\frac{1}{2}$ pound of flour, 5 eggs, 1 tablespoonful of nutcoa, 1 pint of water, and 1 teaspoonful of flavoring if desired. Add the sugar slowly to the eggs, beating as you mix, then add the nutcoa and the other ingredients, leaving out about 1 cup of the grated cocoanut. Put in an oiled pie-tin, and bake.

When about half thickened, sprinkle over the top the cup of cocoanut, and brown well. Serve in the dish in which it was baked.

COCOANUT COOKIES.

Make like nutcoa cookies, only add 2 heaping tablespoonfuls of dessicated cocoanut.

COCOANUT WAFERS.

Take $1\frac{1}{2}$ pounds of flour, 1 pound of coarsely ground dessicated cocoanut, 1 pound of sugar, 3 eggs beaten separately, 1 teaspoonful of rose-water, and 1 gill of water. Beat the yolks of the eggs, and add the sugar, then the cocoanut, water, and then the whites which have been stiffly beaten with the salt and rose flavor, and lastly add the flour. Let it stand for half an hour in a cool place, then roll one fourth of an inch thick. Cut out in any shape desired, and bake.

CHOCOLATE CAKE.

To $\frac{1}{2}$ cup of shaved chocolate add 1 tablespoonful of hot water, and put in a warm place until melted. Add to it the yolks of 5 eggs, and beat stiff. Add 1 cup of granulated sugar, and beat again, then add 1 cup of walnut meal, and 1 tablespoonful of lemon-juice. Then fold in 1 cup of sifted flour and lastly the stiffly beaten whites of 5 eggs. Line a tin with oiled paper, pour in the cake and bake in a moderate oven thirty-five to forty-five minutes.

COCOANUT CREAM PASTE.

Warm in a saucepan 1 cup of water and two tablespoonfuls of sugar, and let boil until the sugar is well dissolved.

Set on the corner of the range, and add $\frac{1}{4}$ pound of white flour, beating with a spoon for five minutes until you obtain quite a thick batter. Add two or three eggs one by one, also the grated cocoanut, and 1 tablespoonful of cocoanut oil with the flavoring. Use this paste for cocoanut cream cake.

COCOANUT CREAM CAKE.

Grated cocoanut 2 cups, cocoanut cream paste, 1 pound, and sugar 3 tablespoonfuls. Drop a spoonful of cream paste (recipe above) on an oiled pie-tin. Sprinkle with granulated sugar, gently letting off the excess of sugar; then sprinkle about $\frac{1}{2}$ teaspoonful of grated cocoanut on each cake, and bake in a moderate oven until well colored.

FAMILY CAKE.

Take $\frac{1}{2}$ pound of rice, $\frac{1}{2}$ pound of flour, 12 eggs, $\frac{3}{4}$ pound of sugar, and 1 ounce of caraway seed. Beat the eggs one-half hour, add the other ingredients, and bake one hour. This is a very nice cake.

FRUIT CAKE.

Take 1 pound, or $1\frac{1}{2}$ cups, of sugar, 12 eggs beaten separately, 1 pound, or $2\frac{1}{2}$ cups, of white flour, 1 gill of nut cream, 1 pound of filberts ground to a meal, 2 tablespoonfuls of minced celery, $\frac{1}{2}$ nutmeg grated, $1\frac{1}{2}$ pounds of seeded raisins chopped, 1 pound of chopped fresh citron, or $\frac{1}{2}$ pound ground dried citron, and a pinch of salt. Beat the yolks and whites separately, then put them together, and add the other ingredients. Put in pans lined with oiled paper, and bake in a moderate oven for one hour.

FRUIT CAKE WITHOUT EGGS.

Take 2 cups of grated white zwieback, 1 cup of granulated sugar, 1 cup of walnut meal (butternuts or hickory-nuts may be used if desired), 1 cup of seedless raisins, $\frac{1}{2}$ cup of chopped citron, $\frac{1}{2}$ cup of white flour, $\frac{1}{2}$ of a nutmeg, 1 tablespoonful of minced celery, and a pinch of salt. Mix the bread-crumbs, sugar, and flour together, and add to them enough nut milk to make a stiff batter. Beat well for five minutes, then add the other ingredients, and bake in a slow oven for one hour.

HONEY CAKE.

Take 1 pint of honey, 1 cup of sugar, 1 cup of nut meal, 1 teaspoonful of ground caraway seed, and enough flour to knead well. Mix all together well, and add enough flour to knead. When smooth, roll out quite thick. Score on the top, and bake in a sheet on an oiled tin.

HONEY CAKE WITH EGGS.

Take 1 pint of strained honey, 2 tablespoonfuls of sugar, $1\frac{1}{2}$ cups of nut meal, $\frac{1}{2}$ teaspoonful of caraway seed, 1 tablespoonful of lemon-juice, and 6 eggs. First beat the yolks of the eggs until thick, then add the honey, a little at a time, and beat again very thoroughly. Add the caraway seed, which should be ground fine. Then add the salt to the whites, and beat until frothy; add the lemon-juice, and beat until white and crumbly; then fold in the yolk mixture, the nut meal, and flour. Put in the bake tins as soon as possible. Bake in a moderate oven until an inserted straw or knitting-needle will come out clean. Then turn bottom side

up on something so as to let the air circulate around the cake. The tins should not be oiled, or the cake will fall out when inverted.

GOLD CAKE.

Take $\frac{1}{2}$ pound of sugar, $\frac{3}{4}$ cup of fine almond meal, the yolks of 8 eggs, 1 pound of flour, juice of 1 lemon, and $\frac{1}{2}$ teaspoonful of vanilla or rose-water. Beat the yolks one-half hour, adding the lemon-juice a little at a time, then add the sugar, and beat in the almond meal, and lastly fold in the flour. Bake at once in a moderate oven.

LEMON CAKE.

Take 3 eggs, 1 scant cup of sugar, 1 cup of flour, 1 tablespoonful of lemon-juice, 1 tablespoonful of ice-water, and a pinch of salt. Beat yolks to a cream, add sugar, beat up again to a stiff cream, then add them to the whites (previously beaten stiff) by pouring over gently, dipping down the side of the bowl and up through the center with as few strokes as possible. To avoid toughening, sift over it half the flour, folding it in, and add the remainder. Bake in unoiled tins, two layers, twenty minutes. Filling:—

White of 1 egg, grated rind and juice of 1 lemon, teaspoonful of lemon essence, and thicken with confectioners' sugar. Or use the following:—

Take 2 tablespoonfuls of water, 4 tablespoonfuls of confectioners' sugar, 2 tablespoonfuls of nut butter. Mix thoroughly, and beat to a creamy consistency.

LADY BISCUITS.

Sift $\frac{1}{2}$ pound of powdered sugar, add $\frac{1}{8}$ cup of water, place in the saucepan on the stove, then add the yolks of 9 eggs, and beat until it is warm; then remove from the stove, and

beat for ten minutes, or until it is cold. Whip the whites with a pinch of salt to a very stiff froth, then fold them with the other mixture, and lightly fold in 10 ounces of white flour. A little vanilla may be added to the whites while beating. Bake in well-oiled gem irons, sifting powdered sugar over the top, or a little colored sugar may be used. Bake in a moderate oven for fifteen minutes.

MALT CAKE.

Take 1 cup of malt, 1 tablespoonful of sugar, 1 cup of nut meal, $\frac{1}{2}$ teaspoonful of vanilla, $1\frac{1}{3}$ cups of gluten or zwieback, 1 tablespoonful of lemon-juice with a little of the grated rind, and 4 eggs. Separate the eggs, and beat the yolks until stiff; then add the grated lemon rind and the malt a little at a time, beating it vigorously. Then pour it into the whites of the eggs, which should be beaten to a very stiff froth. The best way is to add the salt to the whites, and beat until frothy, but not stiff or white, then add the lemon-juice and beat until it is very fine, stiff, and crumbly. Now fold the whites and yolks together, fold in the nut meal, and lastly the gluten or bread-crumbs as lightly and quickly as possible. Bake in the Misses Lisk's bake tins if possible; if not, bake in a common cake tin without oiling, and when done, turn bottom side up across another tin that is right side up, so that the air can circulate under the cake. By turning bottom side up, it will prevent it from falling while cooling. To prepare bread-crumbs, let some white, light, bread dry until it is perfectly dry clear through. The larger the pieces of bread are, the easier it is to get hold of it to grate. Then sift through a sieve to remove the coarser particles. They can be rolled on a bread board and sifted again. When there is danger of their being heavy, use the bread-crumbs instead of flour

in cakes, as the bread-crumbs will help them to be light. Gluten has the same effect. This cake should be baked in a moderate oven and watched carefully, as it burns very easily. When the oven can be easily regulated, have it hot for the first ten minutes, then cooler the rest of the time. Do not open the oven for ten minutes after the cake has been put in.

MARBLE CAKE.

Make the light part of the cake like snow cake, only add 1 cup of almond meal. Make the dark part by beating the 9 yolks of the eggs to a stiff froth. Add the juice of 1 lemon while beating, then add the sugar, and beat again. Add 1 cup of walnut meal, a little salt, 1 teaspoonful of caraway seed ground fine, 1 teaspoonful of caramel made by scorching brown sugar, this will give it a nice, dark color. Put into cake tins by dropping a tablespoonful of the light mixture and one of the dark until all is in. Bake as other cakes.

MERINGUES.

Take 1 pound of sugar, $\frac{1}{2}$ pound of almond meal, the yolks of 6 eggs whipped to a cream, 2 teaspoonfuls of rose-water, and 1 pound of sifted flour. Beat the eggs separately, and add the sugar and rose-water to the yolks, then add the beaten whites of the eggs, almond meal, and the flour. Roll out about one-half inch thick, and cut in round cakes. Place on oiled tins one inch apart, and bake in a quick oven.

NUTMEATO CAKE.

Take $\frac{1}{2}$ cup of grated nutmeato, $\frac{1}{2}$ cup of finely grated bread-crumbs, $\frac{1}{2}$ cup of small, seedless raisins or English currants, 1 cup of fine granulated sugar, the juice of 1 lemon with

a little of the grated rind, $\frac{1}{2}$ cup of peanut cream, a pinch of salt, 4 eggs, and a little nutmeg if desired. Mix the bread-crumbs with the nutosia and the grated lemon peel, beat the yolks of the eggs stiff, add the sugar, and beat again, then add the nut cream. Beat the whites two minutes in a separate dish. Add salt and lemon-juice, and beat until very stiff and crumbly. Pour in the yolk mixture and fold in carefully; then fold in the mixture of bread-crumbs and nutosia and the raisins dried and rolled in flour. Bake in well-oiled gem irons for fifteen or twenty minutes.

COCOANUT OIL CAKE.

Stir together until very creamy and light 1 pound, or $2\frac{1}{2}$ cups, of sugar, and $\frac{1}{4}$ pound, or $\frac{1}{2}$ cup, of cocoanut oil.¹ Separate the whites and yolks of 8 eggs, add a pinch of salt to the whites, and beat until thick, but not too stiff, then add 1 tablespoonful of lemon-juice, and beat until it is very stiff and has a cooked appearance; place on the ice while beating the yolks; beat the yolks until stiff, and add one half the grated rind of 1 lemon, then pour the yolk mixture with the beaten whites. Fold in carefully but quickly, dipping the spoon in at the edge of the dish and bringing it up through the middle. Beating or stirring causes the air which you have beaten into the eggs to escape. Then fold in lightly 1 pound of flour, sifting on about one fifth of it at a time. Work as little as possible after adding the flour or it will not be so good. The secret of making nice cake without baking-powder is in having all the material ready before beginning the cake, and in the rapidity with which it is put together.

¹ Recipes for making nut oils can be found on p. 82, No. 1.

COCOANUT OIL COOKIES.

Take $\frac{3}{4}$ cup of cocoanut oil, 1 cup of sugar, and 3 eggs beaten together to a cream. Use just enough flour to mix, and roll thin.

NUT CAKE.

Take 5 eggs, 1 cup of fine, granulated sugar, $\frac{3}{4}$ cup of gluten No. 3 or 1 cup of granular white flour, 1 cup of coarsely ground nuts (walnuts, hickory-nuts, pecans, hazelnuts, or almonds, or peanut meal), 1 tablespoonful of cold water, $\frac{1}{2}$ teaspoonful of vanilla, and $\frac{1}{2}$ teaspoonful of salt. Have all things in readiness. Separate the eggs, and beat the yolks until they are thick, then add the sugar a little at a time, beating all the time until it is very stiff. Add the salt to the whites of the eggs, and beat until thick but not very stiff. Add the water and the vanilla, and beat until it has a cooked appearance. Then fold the yolk mixture into the whites, put in the nuts and fold gently but quickly in, and lastly fold in the flour gently but quickly, and just enough to have it even. Too much working after the flour and nuts are added makes it tough and lets the air out. (The Misses Lisk's cake tins are the best. Do not oil them.) Bake in a moderate oven forty-five minutes and turn the tins top side down to cool.

NUT CUP CAKE.

Take $\frac{3}{4}$ cup of nut cream made by dissolving 1 heaping teaspoonful of nut butter in $\frac{3}{4}$ cup of cold water, $\frac{3}{4}$ cup of fine granulated sugar, $\frac{3}{4}$ cup of granular flour (spring wheat is best), 1 tablespoonful of corn-starch sifted with the flour, 2 eggs, and salt and flavor to taste.

Put together the same as gems or puffs. Have all the material ready before commencing to put the cake together.

First, oil the gem irons and put them on the stove to warm. Now beat the yolks of the eggs, sugar, salt, and flavoring together until they are all of a foam, then take the hand and add the flour, slowly beating all the time to incorporate as much air as possible. When the flour is all in, add lastly the whites of the eggs which have previously been beaten very stiff. It is best to beat the whites first and place in an ice-chest or in a cool place, while you make the rest of the cake. Fold or stir the whites in just enough to have it well mixed. Fill the gem irons, and bake in a moderately hot oven.

NUT AND FRUIT CAKE.

Work together until smooth and creamy $\frac{1}{2}$ pound ($1\frac{1}{4}$ cups) of sugar, and 1 tablespoonful of nutcoa. Add 5 eggs, the whites and yolks beaten separately; $\frac{1}{2}$ pound of almond meal, $\frac{1}{4}$ pound of stoned raisins, or seedless, $\frac{1}{4}$ pound of finely chopped citron, fresh if you have it, if not, use $\frac{1}{4}$ pound of the dried citron ground through a mill, a little grated orange peel or a little nutmeg. Fold well together, but do not stir or beat it, and bake in the Misses Lisk's cake tins in a rather slow oven. When done, remove from the oven and turn bottom side up on the legs.

RAISED CAKE.

Take 1 pound of sugar, 1 cup of peanut oil, 1 pint of peanut milk, 1 pint of warm water, flour as required, 1 cup of liquid yeast, $\frac{1}{2}$ pound of raisins, 1 teaspoonful of caraway, $\frac{1}{2}$ nutmeg grated, and 1 spoonful of vanilla. Cream the oil and sugar together, add the water and milk and enough flour to make a stiff dough, add the yeast and set overnight to rise; in the morning add the fruit well washed and dredged

with flour ; then add the salt and flavoring. Put in oiled baking tins and let rise. Bake forty-five minutes in a moderate oven.

RICE CAKE.

Take 10 ounces of ground rice, 3 ounces of white flour, 8 ounces of powdered sugar, sifted, 8 eggs, and 1 teaspoonful of rose-water. Sift the flour, sugar, and rice together into the well-beaten yolks of the eggs, add the rose-water and a pinch of salt to the whites, beat to a very stiff froth, and fold it into the rest. Bake the cake in a deep pan lined with an oiled paper. If the oven is the right temperature, the cake will bake in twenty minutes.

RICE CUP CAKE.

Take 4 eggs, separate the whites and yolks, and beat the yolks ten minutes ; then add 1 cup of sugar and beat again. Add a pinch of salt and 1 tablespoonful of lemon-juice to the whites of the eggs, and beat until crumbly ; then fold with the yolk mixture ; also fold in $\frac{1}{2}$ cup of ground rice and $\frac{1}{2}$ cup of white flour sifted. Bake in gem irons or patty pans. A little ground caraway may be used if desired.

RAW PEANUT CREAM CAKE.

Take 1 cup of sugar, 4 eggs, 1 cup of white flour, $\frac{1}{2}$ teaspoonful of vanilla, 1 small lemon, and a little salt. Add the salt to the whites of the eggs, and beat until they are frothy ; then add $\frac{1}{2}$ of the lemon-juice, and beat until it is very dry and has a cooked appearance. Set them in a cool room while beating the yolks. Add the remaining $\frac{1}{2}$ of the lemon-juice to the yolks, and beat until stiff, then add the sugar and beat again. Add the raw peanut cream and beat very thoroughly,

adding the vanilla. Then fold the white and yolk mixture together, dipping the spoon down at the edge of the dish and bringing it up through the middle; then add the flour, sifting on half at a time and folding it in carefully. Work as little as possible, and bake in tins that are not oiled, in a very moderate oven for one and one-fourth hours. Try with a knitting needle, and when done, turn bottom side up on another tin so as to let the air circulate under the cake. The object in turning it bottom side up is to keep it from falling after it is removed from the oven.

SEA FOAM CAKE.

Mix together $1\frac{1}{2}$ cups of powdered sugar, 1 cup of granular white flour sifted three or four times. Then beat the whites of 8 eggs for two minutes. Add a pinch of salt and 1 tablespoonful of lemon-juice, and beat until very stiff and crumbly, then fold in carefully, but quickly, the flour and sugar mixture, sifting in about one fourth of it at a time. Bake the same as snow cake.

SPONGE CAKE.

Take 4 eggs, $\frac{3}{4}$ cup of sugar, 1 tablespoonful of water, $\frac{1}{4}$ spoonful of vanilla or rose-water, and 1 cup of white flour. Beat the yolks of the eggs until very stiff, then add the sugar a little at a time until all is in, then add the water and flavoring and beat again. Add a little salt to the whites of the eggs and beat until they have a cooked appearance, and then fold them into the yolk mixture. Do not stir, as that will let the air out, but put the spoon down at the edge of the dish and bring it up through the middle. Sift the flour over it a little at a time, and fold in the same way, working as little as possible; for too much working will make it tough.

It should be thick and spongy when ready to put in the tins. If it is liquid, it is not a perfect success. The secret of making good unleavened cakes is in having everything ready before beginning to make the cake, and also in the rapidity with which it is put together.

SNOW CAKE.

Have all material and dishes ready before beginning the cake, and have the oven of the right temperature. Take the whites of 9 fresh, cold eggs and beat a few minutes, then add a pinch of salt, and 1 tablespoonful of lemon-juice, and beat until it is very stiff and crumbly; then beat in 1 cup of very fine granulated sugar, adding a little at a time, and lastly add 1 cup of white flour which has been sifted three or four times before measuring, adding a little at a time, and folding it in very carefully. Bake in Misses Lisk's baking tins without oiling, or in common baking tins lined with an oiled paper, being careful not to jar the tins, or the cake will fall.

SWEATMEET ROLLS.

Roll out a strip of tart paste about one eighth of an inch in thickness. Spread it with jam or ground fruits, such as raisins, dates, or figs. Roll it up, and pinch the ends up tight to keep the sweetmeats in; glaze with the white of an egg. Bake in a moderate oven.

WATERMELON CAKE.

White part: Take the whites of 8 eggs, add a pinch of salt and 1 tablespoonful of lemon-juice, and beat to a stiff froth. Add the sugar, a little at a time, and continue beating; then add the flour, and fold in carefully.

Pink part: Make this part like the white with the exception of adding 1 tablespoonful of extracted beet juice instead of the lemon, and $\frac{2}{3}$ cup of almond meal before adding the flour. Lastly stir in a few dark, seedless raisins as an imitation of seeds. Put the white part on the bottom and sides, then pour the pink in the center and put some of the white on top. When done, cover with green icing as directed below.

Coloring Green.—Look over, wash, and drain well, any quantity of spinach, and pound in a mortar to a pulp, wring it through a strong muslin cloth as dry as possible; pound the pulp again, wring it once more, and then cook the juice in a double boiler until it thickens like jelly. Then rub it through a fine sieve upon an oiled paper, and let it dry until it is a thick paste; add pulverized sugar until it spreads easily, spread on the cake, and dry.

YEAST CAKE.

To $\frac{1}{3}$ of a compressed yeast-cake take 1 cup of warm water. Dissolve in it 1 level tablespoonful of nut butter, either almond or peanut, but the almond will make the whitest cake. Then add enough flour to make a good, stiff batter, and let rise until very light. Then add 2 well-beaten eggs, 1 cup of sugar, $\frac{1}{2}$ cup of nut meal, and $\frac{1}{2}$ spoonful of salt; flavor to suit the taste, and add about $\frac{1}{4}$ cup of flour. Beat thoroughly, and put in three jelly tins to rise again. When very light, bake in a moderate oven until done. Cool, and cover with a bread cloth, and put in a tight box or can to keep it moist for twenty-four hours. Then put any filling between the cakes you wish, as follows: Jelly, cocoanut cream sauce, or apple or banana foam as directed (see index).

WASHINGTON WEDDING CAKE.

Take 2 pounds of raisins, 2 pounds of currants, 1 pound of citron, 1 pound of almond meal, 1 pound of sugar, $\frac{1}{2}$ pound of almond butter, 1 pound of flour, 1 dozen of eggs, 1 tablespoonful of vanilla, 1 grated nutmeg, $\frac{1}{2}$ cup of water, 1 teaspoonful of salt. The raisins and citron should be both cut up and rolled in flour. After the eggs are beaten very light, stir the fruit into them. Cream the almond, sugar, and water together. After stirring in the other ingredients, fold in the flour lastly. Turn into a well-oiled fruit-cake tin, and bake slowly for two or three hours. If it bakes too fast on top, put over it a piece of tin, a sheet-iron lid, or brown paper will do. This makes a very large cake.

COCOANUT CREAM CAKE.

Take 4 eggs, 1 cup of white flour, 1 cup of white granulated sugar, $\frac{1}{2}$ cup of cocoanut cream, juice of 1 small lemon, and a pinch of salt. Put the salt and one half of the lemon-juice into the whites of the eggs, and beat until it has a cooked appearance, and place in a cool room or on ice while beating the yolks. Then add the rest of the lemon-juice to the yolks of the eggs, and beat until quite thick and creamy; then add the sugar and beat again, and lastly add the cream, and beat until it is thick. Then fold it into the white mixture, but do not beat it, and carefully fold in the flour, sifting a little of it, or about one fourth of it, on the top at a time. Work as little as possible after the flour is added, as it will make it tough. Bake in a moderate oven for $1\frac{1}{4}$ hours, being sure that it is done before removing. Cakes can not fall after they are done, if they are turned bottom side up when taken

from the oven, but the tins must not be oiled, and they must rest on something, so that the air can circulate under the cake.

HICKORY CREAM CAKE.

Take $1\frac{1}{2}$ cups of white flour, 1 small cup of granulated sugar, one scant half cup of hickory cream (this should be quite thick). Then mix with it the whites of the eggs, which should be beaten with the salt and lemon-juice until it has a cooked appearance. Fold them together carefully, and then fold in the flour, and pour into unoiled tins. Bake in a moderate oven for one hour and fifteen minutes. It takes longer to bake than cakes shortened with nut meal. It is always best to try them with a knitting-needle before removing from the oven. This cake has a strong hickory-nut flavor, and is moist and tender like a cake made of dairy cream. It is very nice for loaf cake or jelly roll.

NUT CREAM COOKIES.

Take $\frac{1}{2}$ cup of thin nut cream, 4 eggs, $1\frac{1}{2}$ cups of whites flour, 1 teaspoonful of vanilla, and a pinch of salt. Beat the whites and yolks separately, adding the salt to the whites before beating and the sugar to the yolks after they are well beaten; then mix them, and add the raw peanut cream, and beat again very thoroughly; then pour over the beaten whites, and fold carefully in; lastly fold in the white flour; have ready some well-oiled tins, and drop on about $\frac{1}{2}$ tablespoonful, and spread around in the shape of a cooky. If desired, a raisin may be put in the middle, or some almonds which have been coarsely chopped may be sprinkled over the top. A candied cranberry or cherry may be placed in the center, but it must be put on after baking.

CHESTNUT CAKE.

Take 2 cups of chestnut flour, 5 eggs, 1 scant cup of sugar, 2 tablespoonfuls of water, and a pinch of salt. To make the chestnut flour, first dry the nuts before shelling, or toast them slightly with the shells on. By doing this the skins will be loosened and easily rubbed off without blanching; then grind them in a family grist-mill or a coffee-mill to a fine flour, or they may be ground through the nut-butter mill.

When all material and cake tin is ready and the oven hot, separate the eggs, and beat the yolks to a thick cream with the sugar. Then beat the whites until they are stiff and crumbly, adding the water and salt after it begins to get foamy but before it is stiff. Then pour in the yolk mixture, and fold it carefully in, and lastly fold in the 2 cups of chestnut flour. Bake like other cakes.

CHESTNUT FRUIT CAKE.

Take $1\frac{1}{2}$ cups of mashed chestnuts, $1\frac{1}{2}$ cups of chopped figs or dates, and $\frac{1}{2}$ cup of sifted apples. Blanch the chestnuts, and boil until tender, rubbing them through a sieve or a colander. Cook good, tart apples in as little water as possible; when done, sift through a sieve. Add all the ingredients, mixing thoroughly. If desired, add a little salt, and bake in an oiled tin until brown on top. Other fruits may be used if desired or more convenient.

CHESTNUT DAINTY.

Take 1 cup of cooked and sifted chestnuts and 1 cup of jelly. The chestnut pulp should be quite dry, and the jelly added while it is hot, or it may be heated afterward. Pour into a dish, and when cold, it is excellent for spreading on bread or crackers, or making sandwiches.

CHESTNUT SWEET SOUFFLE.

Take 2 cups of sifted stewed chestnuts, 2 eggs, $\frac{1}{4}$ cup of sugar, and a pinch of salt. Separate the eggs, and beat the yolks to a stiff cream with the sugar; then add the sifted chestnuts, a little at a time, and beat them in. Add the salt to the whites of the eggs, and beat until stiff and crumbly. Then fold the two mixtures together, pour into an oiled pie-tin, and bake in a quick oven.

DATE DROP CAKES.

Take 1 cup of stoned dates, $1\frac{1}{2}$ cups of nut meal made from any kind of nuts, 3 eggs well beaten, $\frac{1}{2}$ teaspoonful of vanilla, 1 cup of whole-wheat flour. Grind the dates through the mill or chop them very fine, and mix the nut meal with them. Then add the vanilla, salt, and the eggs, which should be well beaten. Lastly, add the flour. Drop on oiled tins, and bake in a moderate oven for ten or fifteen minutes. If the dates are not fresh, a little water will have to be added to them before adding the butter.

DATE COOKIES.

Take 2 cups of nut butter, 3 cups of stoned dates, and enough flour to roll out well. Grind the dates through the mill or chop them very fine, and mix well with the nut butter, then add enough flour to roll out about one-fourth inch thick or thinner if desired, and bake in a moderate oven, as they scorch easily.

CREAM PUFFS.

Put 1 cup of hot water and $\frac{1}{2}$ cup of nut oil into a stew-pan, and set it on the fire. When it begins to boil, pour in 1 pint of sifted flour, and beat and stir until it is smooth and

does not stick to the pan. Remove from the fire, and when cool, add 5 eggs, the yolks and whites of which have been beaten separately until very stiff; add a little salt, and set in a warm place for half an hour, stirring frequently. Drop in large spoonfuls on oiled tins, about two inches apart, and bake in a very quick oven for fifteen or twenty minutes. When done, they should be light and crisp. When cold, cut a slit in the side, and put in all the custard possible.

CREAM FOR FILLING.—Take $\frac{2}{3}$ cup of sugar, $\frac{1}{2}$ cup of corn-starch, $1\frac{1}{4}$ cups of cocoanut milk. Put the milk in a double boiler, and when hot, stir into it the corn-starch, which has been rubbed smooth, with a little cold water or cocoanut milk; then stir in the sugar and salt, and let it come to a boil, stirring constantly; set it in the outer part of the double boiler, and let it cook for half an hour. Add the well-beaten whites of 3 eggs, and remove to a cool place. When the filling is cool, flavor with vanilla or lemon, and fill the puffs. The filling can be varied by using the milk or cream of different nuts.

ICING.

ALLOW 10 teaspoonfuls of powdered sugar and $\frac{1}{2}$ teaspoonful of lemon-juice to the white of 1 egg. Beat the egg until you can invert a spoonful of it without its falling, then beat in the sugar, a spoonful at a time. Add the lemon-juice, and spread it upon the warm cake with a broad knife dipped occasionally in cold water. Put in a cool, dry place to harden. If the cake is rich, dust with flour, then brush lightly with a napkin to remove what does not adhere, before frosting it.

HARD OR PLAIN ICING.

Take the whites of 4 eggs and 1 pound of powdered sugar well sifted, and beat the whites of the eggs with a spoon egg beater until frothy but not white; then add the sugar a little at a time, and beat from the bottom, so as to take up all the egg at each stroke. Continue this beating until it can be cut with a knife clean and smooth like cake. This is for a large cake.

CONFECTIONER'S ICING.

Take the whites of 2 eggs which are very cold, or place them on ice for a few minutes, then beat them, adding a little at a time $\frac{1}{2}$ pound of powdered sugar, beating until stiff enough to be cut with a knife.

CHOCOLATE ICING.

Take 1 cup of nut milk, $\frac{1}{4}$ pound of chocolate, and $\frac{1}{2}$ pint of powdered sugar. Put the chocolate grated fine in a basin on the stove, add a little of the milk, and let it melt; then add the rest of the milk and the sugar. When this is hot, pour over it the white of a well-beaten egg, beating constantly while pouring it in. When smooth, spread on the cake while it is a little warm, and let dry.

ORANGE ICING NO. 1.

Select a good, solid orange, wipe clean with a damp cloth, then roll it with the hands on a plate until the oil starts from the pores; then take a little granulated sugar in each hand and rub the orange until the sugar is filled with the oil. Take more sugar and so on until all of the oil is taken out of the orange. This gives the pure flavor of the orange without the bitter part of the rind. Add the sugar and the orange juice to the plain icing.

ORANGE ICING NO. 2.

When breaking the eggs for the cake, select the egg that has a very dark-colored yolk, as some yolks are a great deal darker than others. Beat this egg yolk until thick and foamy. Have ready 1 cup of sugar which has been boiled in 3 tablespoonfuls of water until it will rope when dropped from the spoon. Pour it over the egg yolk, and beat it in; flavor with 1 tablespoonful of orange extract, or a little of the juice and grated rind of the orange.

LEMON ICING.

Take a lemon, and wipe it clean with a damp cloth, then roll it on a plate until the oil begins to exude from the pores. Now take some sugar in each hand and rub the lemon over

with it until the flavor is extracted, changing the sugar as fast as it seems saturated with the oil. In this way you have the pure flavor of the lemon without the bitter white portion of the rind. If the color of lemon is desired, add a little of the tincture of saffron to the icing. Add the sugar and the juice of the lemon to the plain icing. When done, use at once.

PLAIN ICING FOR CAKE.

Sift 4 ounces of pulverized sugar, beat the white of 1 egg stiff, then gradually beat in the sugar, adding a little at a time until it forms a thick and smooth paste; when it is ready for use.

ROSE ICING.

Make the same as for plain icing, and then add 1 tablespoonful of rose-water. Rose-water harmonizes well with the flavor of almonds. If a pink color is desired, a tablespoonful of thick cranberry juice may be added; add with it more sugar. Confectioners use cochineal and carmine for coloring; but they are not to be recommended.

GREEN ICING.

Make a boiled frosting, and add enough of the green coloring (see index) to make the desired color, any flavoring desired may be added. This coloring is simple, and not at all injurious.

YELLOW FROSTING.

To the yolk of 1 egg add 9 heaping teaspoonfuls of pulverized sugar, and flavor with lemon, vanilla, or any flavoring desired. This is a nice frosting for a lemon cake, in which case it should be flavored with lemon.

ALMOND FROSTING.

Take $\frac{1}{2}$ pound of almond butter, 1 tablespoonful of rose-water, $\frac{3}{4}$ pound of pulverized sugar, and the whites of 3 eggs. Beat up the whites and sugar as directed for plain icing, then work in the almond butter. Spread it on the cake, let dry, and cover with a plain icing.

SOFT ICING.

Mix $\frac{1}{2}$ pound of pulverized sugar with 1 tablespoonful of nut milk or any kind of fruit juice desired. Spread on the cake while warm about one-eighth of an inch in thickness and let dry. This is excellent for sponge cake, snow cake, etc.

BOILED ICING.

Take the whites of 3 eggs, and beat to a stiff froth. Place in a basin 1 cup of granulated sugar with 4 tablespoonfuls of boiling water. Boil briskly for five minutes or until it drops in threads from the spoon, then pour in a small stream on the beaten egg, beating constantly in order thoroughly to mix and cook all parts of the egg. A little cranberry juice may be added if a delicate pink frosting is desired; or if a yellow color is desired, grate the rind of an orange or lemon; add a very little of the juice, and squeeze through a thin cloth. Chopped almonds or hickory-nuts may be added.

FROSTING WITHOUT EGGS.

Dissolve 1 heaping teaspoonful of corn-starch in a very little water, placing the dish in a pan of hot water; add a little hot water, and let cook until very thick. While the starch is hot, stir in $1\frac{2}{3}$ cups of sifted sugar. Flavor with any

flavoring desired, and spread on the cake while the cake is yet warm. This cake should be made the day before using, as it takes longer for the frosting to dry than where eggs are used.

QUICKLY MADE ICING.

Take 1 teaspoonful of water or any kind of fruit juice, and dissolve in it all the powdered sugar it will take up, or until very thick; then spread over the cake. It will not be very thick, but it is nice for light cakes, such as sponge cake, etc.

DRINKS.

THE system requires from three to four quarts of water each day, but this should be taken either one hour before meals or three hours after eating. Drinking at meal-time dilutes the gastric juice of the stomach, and hinders the process of digestion. A great many people have formed the habit of drinking while they eat. Thus the food is moistened with drinks, and the saliva almost ceases to flow. It is then very difficult to get the salivary glands to secrete enough saliva to moisten the food sufficiently for swallowing ; but if a dry diet is persisted in long enough, the saliva will flow in sufficient quantities, and drinks will not be desired.

If anything of a liquid nature is taken at meal-time, it should be something warm, as cold drinks have to call upon the system to warm them, and they stop all digestion until the stomach has again reached its normal temperature. People who are strong and healthy might not feel the evil effects of this at once, but those who are feeble, and those having small vitality, will soon weaken under this continual abuse of nature.

Following are a few recipes for beverages to take the place of tea, coffee, and other injurious drinks, until the system is weaned from their use, and then little by little the substitute can be given up, until the salivary glands have learned to do their work so well that no drink will be required at meal-time.

PEANUT AND CEREAL COFFEE.

Take 1 cup of coarsely ground peanuts, 2 cups of wheat bran, $\frac{1}{2}$ cup of corn-meal, $\frac{1}{3}$ cup of malt dissolved in $\frac{1}{2}$ cup of boiling water. Mix all together, and bake in the oven to a nice brown.

CEREAL COFFEE.

To 3 cups of wheat bran add 1 cup of corn-meal. Then takè $\frac{1}{2}$ cup of malt extract, and dissolve in $\frac{1}{2}$ cup of boiling water, and pour over the bran and corn-meal after they have been thoroughly mixed. Mix well, and bake in the oven until a nice dark brown. Use 1 level tablespoonful to 1 cup of coffee. Cook slowly fifteen minutes.

PEANUT COFFEE NO. 1.

Look over the peanuts, rejecting all the poor ones and foreign substances, and roast in the roaster or oven until they are a dark brown, about the color of Java coffee when roasted. Remove the skins, as they will make it bitter; grind, but not too fine. Use the same as any coffee.

PEANUT COFFEE NO. 2.

Make like the above, and then add 1 tablespoonful of malt extract to $\frac{1}{2}$ cup of water. When thoroughly dissolved, add to 1 quart of ground peanuts, and dry in the oven.

CHUFA COFFEE.

Take some good chufas, or earth almonds, wash them well, and bake in the oven or roast in a peanut roaster until quite brown, but not burned. Grind in a coffee-mill, but not very fine, then use the same as any coffee. (See article on Chufas.)

BRAZIL-NUT COFFEE.

Roast the kernels of the Brazil-nut to a nice brown ; when cold, pound or grind to a coarse meal. Use 1 heaping tablespoonful to 1 pint of water. Simmer gently for one hour.

BUTTERNUT COFFEE.

Put butternut kernels on a pie-tin, and bake in the oven until they are nicely browned, but not scorched. When cold, mash them to a meal with a cup or glass bottle on the tin, and use 1 tablespoonful for 2 cups of coffee. It is rich, and has the best flavor of all coffee substitutes.

WALNUT COFFEE.

Roast the walnut kernels in the same way as for butternut coffee, and use the same quantity for making the coffee.

Pecans and hickory-nuts may be used in the same way, and are very nice.

SALADS

LETTUCE SALAD.

STRAIN 1 pint of tomatoes, and put on stove to heat. When boiling, take a little of the hot juice and 1 tablespoonful of nut butter, and work together until creamy. Then stir into the tomatoes. Lastly add 1 heaping tablespoonful of flour rubbed smooth in a little cold water, with salt to taste. Cook in a double boiler. Pour this preparation while hot over the lettuce, meanwhile stirring the leaves with a fork.

SALAD DRESSING.

Take 3 eggs, 1 cup of nut cream, $\frac{1}{2}$ cup of lemon-juice, $\frac{1}{2}$ tablespoonful of sugar, and 1 teaspoonful of salt. Beat the eggs, and put all together in a small double boiler, and cook until thickened, stirring continually in order to have it smooth. If too thick, thin it with hot water. This dressing may be used on lettuce or any salad; and such additions may be made to the body of the salad in the way of chopped celery, sliced hard-boiled eggs, or celery salt, as desired.

NUTMEATOSE SALAD NO. 1.

To each half pound of nutmeatose, cut in small slices, add a dressing made of $\frac{1}{2}$ cup of nut cream, $\frac{1}{2}$ cup of slightly diluted lemon-juice, 1 egg, 1 teaspoonful of sugar, and $\frac{1}{2}$ teaspoonful of salt. Beat the whites and yolks separately, then

mix them. Pour slowly over them the heated mixture of sugar, salt, and lemon-juice, stirring rapidly all the time. Add lastly the cream, and heat until it thickens.

NUTMEATOSE SALAD NO. 2.

Take good firm nutmeatose, cut it in small slices, and cook in a double boiler for an hour or more, then drain off the liquid, and pour the nutmeatose into the salad dish.

Make a dressing by rubbing smooth the yolks of 4 hard-boiled eggs, with 1 teaspoonful of peanut oil or any oil desired, 1 teaspoonful of salt, and the juice of 1 lemon, diluted with enough water to make 1 cupful. It is best to mince some celery very fine, and distribute among the pieces of nutmeatose without breaking the nutmeatose. Then pour over it the dressing. The liquid in which the nutmeatose was cooked can be used instead of water if desired.

MOCK SALMON SALAD.

Take 1 cup of nut butter, $\frac{1}{3}$ cup of strained tomatoes, 1 cup of water, $\frac{1}{2}$ cup of corn-starch, and salt to suit the taste. Cook in a steamer three or four hours. Use the same dressing over this as for nutmeatose salad.

WATERCRESS SALAD.

Carefully wash some fresh watercress, break them in about one-inch lengths, and dry them with a clean towel; then place them in the dish in which they are to be served, and pour over them 1 teaspoonful of peanut oil mixed with lemon-juice; then dust with salt. Dandelions and oyster-plant can be served in the same way.

ARTICHOKE.

Slice cold boiled artichoke without breaking the slices; arrange them in a dish, and pour over them a plain salad dressing made of 2 tablespoonfuls of peanut oil and 1 tablespoonful of lemon-juice, with a little salt.



MOCK CHICKEN SALAD.

MOCK CHICKEN SALAD.

Take 3 cups of nutmeato which has been cut into very small cubes, and $1\frac{1}{2}$ cups of celery after it has been chopped or cut very fine, using the tender white leaves and only the tender part of the stocks. Mix them well together, and keep upon the plate or platter on which it is to be served, squeezing over it the juice of half a lemon. Then make a dressing as follows:—

Take 1 heaping tablespoonful of almond butter (an equal amount of pine-nut butter is as good) dissolved in $\frac{3}{4}$ cup of hot water, and $\frac{1}{4}$ cup of lemon-juice, place in a basin on the stove, and stir until it boils; then add 1 teaspoonful of corn-starch which has been rubbed in a very little water. Let it boil a minute, and pour slowly over the whites of 2 eggs which have been beaten to a stiff froth; beat while stirring in the hot gravy, and it will cook the egg sufficiently. Then pour while hot over the salad. In the accompanying cut the salad is garnished with celery leaves and slices of lemon. Serve cold, sending a piece of lemon with each dish of salad.

TOMATO SALAD.

Take ripe, solid, meaty tomatoes, cut in slices one-half inch thick, and place in the dish in which they are to be served; rub the yolk of 1 hard-boiled egg with 1 tablespoonful of lemon-juice, 1 of nut butter or nut oil, and 1 teaspoonful of sugar, and salt to suit the taste, until it is smooth; then heat to boiling, and pour over 1 well-beaten egg, stirring well as you pour it in. Turn this dressing over the sliced tomatoes. Serve cold.

TURNIP SALAD.

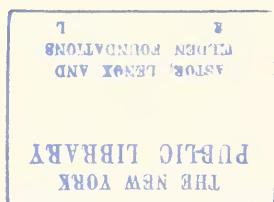
Select good, crisp turnips, peel, and with a sharp knife cut into cubes by cutting first one way a certain distance—about one-half inch—and then across those cuts the same distance apart; then slice one-half inch thick, and the little cubes will fall on the dish. Stew about an hour, or until tender. When cold, pile into a dish garnished with lettuce, sprinkle with nut meal, celery salt, and lemon-juice. The celery salt may be omitted if desired.

BEET SALAD.

Cook blood beets until perfectly tender, then cut into small cubes, and pile them upon a salad dish which has been lined with lettuce leaves. Pour over the center a salad dressing as given under Butternut Sandwiches; but leave a ring of the beets that has no dressing on it, as the red beets are so pretty contrasted with the yellow dressing.

NUTORA SALAD.

Take some tomato nutora (see page 88), and cut it into small cubes. Select some good crisp, white celery, and slice the tender part of the stock very thin, having about 1 cup of the sliced celery for 2 cups of the nutora; carefully mix them together, and heap upon a salad dish. Then make a salad dressing by heating 1 teaspoonful of nut butter dissolved in $\frac{1}{2}$ cup of water and $\frac{1}{2}$ cup of lemon-juice to boiling, and pour while hot over a well-beaten egg. Put it in the inner part of a double boiler, and cook it until it is creamy, stirring constantly, then pour around the edge of the salad, leaving some in the center on which there is no dressing, as the cubes of nutora mixed with the white moon-shaped pieces of celery are very pretty. Garnish the salad with slices of nutora of peanuts (see page 85) which has been cooked in small cans. Bank the edge of the plate with parsley; and, if desired, a central garnish may be made by cutting the ends from a lemon, inserting some parsley leaves, and placing it in the center of the dish. (See cut on opposite page.)





MOCK CHICKEN SALAD.

TOASTS.

TOASTS are foods well calculated for breakfast, as they can be made in a short time, and the material prepared the day before.

Toasted bread or zwieback should be made of good light bread, white, graham, or whole-wheat, cut in slices about two thirds of an inch thick. Stale bread is better, as the zwieback made from it will be more brittle and crisp. Sour or heavy bread will not make zwieback. Place in a warming oven until quite well dried through, and then bake in a moderate oven until a nice light brown clear through. New or moist bread baked in a hot oven will render it so tough and hard that it will be almost impossible to eat it. Bread that is toasted only on the surface is as injurious as new bread, for the central part of the slice is just like new bread. When toasted bread is mentioned in the following recipes, that which has been toasted clear through is meant. Most of the toasts given under this head are excellent foods for the sick, being at the same time something to please the eye, palate, and stomach.

APPLE TOAST.

Take 6 good-sized tart apples; pare, core, and cook in as little water as possible until very tender. Stir often when nearly done to keep from burning, and to dry them out. Remove from the stove, and sift through a sieve; add sugar to taste, and beat until it is light and filled with air bubbles. Reheat, and moisten slices of zwieback by dipping them into

a dish of hot water and immediately removing them. Place the toast on individual pie plates, and cover with the hot sifted apple. Serve at once.

ASPARAGUS TOAST.

Moisten slices of zwieback in hot nut milk, and put on them a sauce made like the recipe for asparagus with egg sauce. (See index.)

APPLE FOAM TOAST.

Moisten slices of zwieback, and cover with an apple foam sauce. (See recipe for Apple Foam.)

BANANA TOAST.

Select nice, ripe bananas, and press through a fruit press or mash with a silver fork. Add a very little sugar, and serve on moistened zwieback. The bananas can be heated after they are mashed, if desired.

BANANA FOAM TOAST.

Moisten nicely browned slices of toast, and cover with a sauce made like recipe for Banana Foam. (See index.)

CELERY TOAST.

Take nicely browned slices of zwieback, and moisten by dipping into hot water and removing at once. Place on pie plates, and cover with a celery gravy made according to recipe. (See index.)

CRANBERRY TOAST.

Wash, and cook some cranberries in a very little water; when done, put through a sieve to remove the skins, which are hard of digestion. Add enough sugar to sweeten, and

heat again to boiling, and pour over slices of white zwieback, which have been moistened by dipping into hot water. The acid of the cranberry does not seem so sharp if a tablespoonful of almond butter is added to each pint of the cranberries.

DATE TOAST.

Pull the dates apart, and pour over them boiling water, shake in the dish for a few minutes to remove the dirt, and then drain. Pour on cold water, and when cool, drain again, and wipe with a clean towel. Some people are afraid to wash dates for fear they will melt or lose some of their goodness, but this is a mistake ; though they are soft, they have a tough skin that will not admit the water. Then grind them through the nut-butter mill. To 1 cup of the ground dates add 2 cups of hot water, and put 2 or 3 tablespoonfuls on well-moistened slices of zwieback.

DRIED APPLE TOAST.

Wash the dried apples well, and soak in lukewarm water for two hours, then stew slowly until very tender, and beat smooth or put through a colander. Sweeten to taste, and season with the oil and juice of a lemon, or a little grated lemon peel. Serve on slices of zwieback dipped into hot nut milk.

EGG TOAST NO. 1.

Pour boiling water into a spider or shallow dish, and place it on the stove where it will keep just below the boiling-point. Break in a saucer as many eggs as there are pieces of toast, slip them into the hot water, and let them cook, but not boil, until the whites are well set. Have ready some slices of zwieback, moisten them in hot nut milk, skim out the eggs, and place one on each slice of toast. Salt a little, and serve hot.

EGG TOAST NO. 2.

Put some nut milk in a basin on the stove to heat ; take 1 egg for each slice of toast. Separate the whites and yolks, and beat the whites to a stiff froth, adding a little salt. Then dip nice slices of zwieback into the hot nut milk, which should be salted just a little ; place on a pie-tin, place the beaten whites on the toast, making a hole in the center, in which put the yolk of the egg. Place in a moderate oven until slightly brown. Serve at once.

EGG TOAST NO. 3.

Beat 1 egg until smooth, add a pinch of salt, and $\frac{1}{4}$ cup of nut cream. Dip into it well-toasted bread (zwieback), covering all sides with the egg ; then roll them in bread-crumbs, grated fine. Place on oiled tins, and bake in a moderate oven for ten minutes. Serve dry, or with hot nut milk.

FIG TOAST.

Look over and wash in hot water enough figs to cover toast for the family. For a family of five, take $\frac{1}{2}$ pound of figs, grind them through the nut-butter mill, having it adjusted tight enough to grind the seeds to a flour ; add 2 cups of hot nut milk, stirring until it is smooth. Put a spoonful or two on nice slices of zwieback which have been moistened by dipping into hot nut milk.

GRAVY TOAST.

Make a gravy as directed for nut gravy. (See index.) To each pint of the gravy add $\frac{1}{4}$ cup of sugar and $\frac{1}{4}$ teaspoonful of vanilla. Place a few spoonfuls of it on well-moistened slices of zwieback.

FRUIT TOAST.

Heat 1 pint of grape juice or juice of other stewed fruit, such as strawberries, blackberries, blueberries, etc., until boiling, and sweeten to taste. Thicken to the desired consistency with corn-starch rubbed smooth in a little cold water, and cook one hour in a double boiler. Have ready some zwieback which has been soaked in some hot water or fruit juice, place in a saucer, and put on 3 or 4 tablespoonfuls of the prepared fruit, and serve hot. This is a most desirable and wholesome breakfast dish.

LEMON TOAST.

Take some nicely toasted zwieback. If you wish it very nice, cut light white bread in slices about one-half inch thick, and cut them in rounds with a large cooky-cutter, and toast in a very slow oven until dry clear through, and of a light brown on the outside. Take the oil of a lemon (see directions for lemon syrup), and make a thin batter with a little of this sugar, 1 egg, 2 cups of milk, and flour to make of the right consistency. Dip each round of toast into this batter, coating it on both sides; place on oiled tins, sift over all a little pulverized sugar, and bake for ten minutes in a moderate oven. This can be served with or without a dressing of nut cream.

LENTIL TOAST.

Cook lentils until perfectly tender, and rub through a colander. To 1 pint of sifted lentils add $\frac{1}{2}$ cup of nut cream and a little salt. If too thick, add more nut cream; but if too thin, thicken with a little flour rubbed smooth in cold water. Put a few spoonfuls of this lentil dressing on moistened slices of zwieback.

MALT TOAST.

Take a nice piece of graham or whole-wheat zwieback, dip it into hot nut milk, place it in a warm dish in which it is to be served, and spread over it the following: 1 tablespoonful of malt extract and 1 tablespoonful of nut cream, mixed thoroughly together. This is enough for only 1 slice of toast.

NUT-BUTTER TOAST.

Take some nicely toasted zwieback and place in a moderate oven to reheat. Have ready some peanut butter which has been diluted by adding an equal quantity of slightly salted hot water. Spread on the toast while very hot, and serve at once. This is excellent for those who desire a dry diet.

PEACH TOAST.

Take canned peaches, or fresh ones, and stew them. Put through a sieve or colander, sweeten to taste, reheat, thicken with a little white flour; let boil a few minutes, and serve on moistened slices of zwieback.

NUT FOAM TOAST.

Make a nut gravy of raw peanut milk, and sweeten to taste; then take the whites of two eggs and beat to a stiff froth, so that the dish can be inverted without the mixture falling out. Pour the hot nut gravy over the beaten whites of the eggs, beating all the time to keep it from cooking in lumps. If the gravy is boiling hot, it will cook the whites of the eggs sufficiently. Then moisten nicely toasted zwieback in hot water or hot nut milk, and cover with a gravy. Serve at once.

PRUNE TOAST.

Wash the prunes, and cook slowly until tender, then rub through a colander. If it is too thin, thicken with a little corn-starch or flour. Add 1 tablespoonful of sugar and $\frac{1}{4}$ teaspoonful of vanilla to each pint of sifted prunes. Take fresh zwieback, dip the slices into hot water, taking them out immediately, place them in the dish in which they are to be served, and put 2 or 3 tablespoonfuls on each slice of toast. Serve hot.

RAISIN TOAST.

Take a little almond meal that has been thoroughly dried, and run it through the nut-butter mill, grinding it into butter; then look over and wash $\frac{1}{2}$ pound of raisins, seed them, and grind through the mill. Add to the raisins 1 tablespoonful of the almond butter and $\frac{1}{2}$ cup of hot water. Heat on the stove to the boiling-point, and pour this over nice slices of zwieback which have been moistened by dipping into hot water.

TOMATO TOAST NO. 1.

Moisten slices of well-toasted bread in hot water, and serve with the following dressing: Select good, ripe tomatoes, pour over them boiling water, let stand a minute or two, then drain, and rub off the skins. Cut a slice from the blow end, and with the finger remove all the seeds; then cut in small pieces, and cook to a mush. If they do not boil to pieces, rub through a sieve or colander. To 1 pint of the stewed tomatoes add $\frac{1}{2}$ cup of peanut cream, thicken with 1 tablespoonful of corn-starch or flour, and pour over the moistened toast.

TOMATO TOAST NO. 2.

Make a nut gravy according to recipe No 1. (See index.) For 1 pint of this gravy, select 1 medium-sized tomato, remove the the skins and seeds, and cut the flesh in very small pieces, rejecting any part that may be hard or green, and add to the gravy. Let boil slowly for a few minutes, and serve on moistened slices of zwieback. For people who do not like a strong tomato flavor, this is better than the preceding recipe.

FRENCH TOAST.

Cut slices of bread, and dip them in a cream made of 3 eggs, 1 cup of nut cream, and a little salt. Brown on a soap-stone, or roll in meal and pine-nut butter, and brown in the oven.

PARCHED ALMOND BROTH TOAST.

Blanch some sweet almonds, and put them in the oven to toast to a nice light brown. When they get perfectly cool, grind them to a butter. Take 1 heaping teaspoonful to 1 pint of water and a pinch of salt; let it steep for half an hour or longer, then pour over slices of zwieback.

The parched pine-nuts may be used in the same way, and make an equally good toast.

Try other nuts in the same way.

SUNSHINE TOAST.

Select some good, ripe yellow tomatoes (the pear tomato is very good); heat and sift through a colander to remove the skins and seeds. To 1 pint of the sifted tomato add one tablespoonful of white flour and 1 heaping teaspoonful of

peanut butter dissolved in a little water; add salt to suit the taste. Pour while hot over slices of zwieback which have been moistened with a little hot water.

DRY BUTTER TOAST.

Take nicely toasted bread, which has been toasted on the soapstone or in the oven. Spread with fresh nut butter that has not been diluted, place in the oven for a few minutes, and serve very hot.

ZWIEOLA.

Take $2\frac{1}{2}$ pounds or 8 cups of white flour, $\frac{1}{2}$ pound or $2\frac{1}{2}$ cups of rolled oats, 2 ounces or $\frac{1}{3}$ cup of corn-meal. Mix the ingredients thoroughly, adding a little salt if desired, and wet with enough cold water to make a very stiff dough. Roll out into crackers about one fourth of an inch thick, score across the top into small squares, and bake in a moderate oven for one hour, or until dry and crisp clear through. Break the crackers into small pieces; grind in an ordinary grain- or coffee-mill, or can be ground in nut-butter mill loosely adjusted. This and the following recipe are splendid health foods. Don't fail to try them.

MALTED NUT ZWIEOLA.

Take 8 cups of white flour, $2\frac{1}{2}$ cups of rolled oats, $\frac{1}{3}$ cup of corn-meal, 2 cups of peanut meal, with enough water to make a very stiff dough, and proceed as with the above recipe. When baked and ground to a coarse meal, add $\frac{1}{2}$ cup of malt, diluted in $\frac{1}{2}$ cup of hot water, to about 1 quart of the ground zwieola; mix, and dry in a slow oven. When dry, grind again.

FOOD FOR THE SICK.

SICK people usually have but very little appetite, and all that can be done in presenting the food in a neat and dainty way, making it attractive to the eye as well as to the smell and taste, will be appreciated. The napkins should be of snowy whiteness, the dishes the best the house affords, and as neatly arranged as possible. Avoid loading the tray with either too great a variety or too much of one thing. It is always better to have too little than too much.

DRINKS.

A REFRESHING DRINK.

Take $\frac{1}{2}$ cup of seeded raisins, 1 cup of cranberries, and 3 pints of water. Boil for half an hour. Sweeten to suit the taste. Strain and let cool.

ALMOND MILK.

Take 1 tablespoonful of almond butter, and dissolve it in 1 pint of hot water; when boiling, stir in $\frac{1}{2}$ teaspoonful of white flour rubbed smooth in a little cold water. Let it boil a minute or two, and strain through a fine muslin cloth. Serve cold or hot as preferred.

APPLE WATER.

Take 1 large, juicy apple (the pippin is the best flavored), pare and quarter, but do not core. Put it into a stew kettle with 3 cups of cold water, and cook slowly until the apple is cooked to pieces, then strain through a coarse bag, pressing it some. Strain through a finer bag, sweeten to taste, and cool for drinking. This is an excellent drink for invalids in hot weather.

BERRY WATER.

Take strawberries, or raspberries, or any berries desired; put them in a stout but coarse muslin bag, and mash with a wooden potato masher, squeezing out all the juice possible. Strain through a fine muslin cloth, and dilute with an equal quantity of water. A little sugar may be added if desired.

CHERRY WATER.

Select good, ripe cherries, the sweet varieties are the best; pit them; put them in a stew-pan, and boil a few minutes in a little water, then strain through a muslin jelly-bag, and let stand to cool until ready to use; take $\frac{1}{2}$ glass of the juice, and fill the glass with cold sterilized water. Canned cherries are just as good.

CURRANT WATER.

Take some good, ripe currants, pick from the stems, and wash well. Put them in a strong muslin bag, and pound with a wooden potato masher until all the currants are broken, then squeeze out all the juice. For making the currant water, take $\frac{1}{2}$ cup of currant juice and $\frac{1}{2}$ cup of water; add a little sugar, and serve cold.

HOT WATER.

If clean, soft water can be obtained, it is the best; but never use cistern water. Put in a graniteware or a porcelain-lined kettle. Let it boil up quickly, and take from the stove at once. Too much boiling causes the air in the water to escape, and makes it have a flat taste.

COLD LEMONADE.

Squeeze the juice from a medium-sized lemon, and add 2 tablespoonfuls of sugar to the juice; stir until the sugar is pretty well dissolved, then add 1 pint of very cold sterilized water. This is excellent to give in cases of fever, but should not be given at meal-time, for the acid of the lemon prevents the digestion of the starch.

HOT LEMONADE.

Take 2 medium-sized lemons, peel just thick enough to remove the yellow portion, but not to cause the juice to run out. Cut in halves, and squeeze out the juice; strain through a fine wire sieve or fine muslin cloth to remove every seed and small particles of the white fiber, which would cause it to be bitter, then add 2 tablespoonfuls of sugar and 1 pint of boiling water, and serve at once.

If the lemon is squeezed without the yellow rind being pared, some of the oil of the rind may get into the juice, and cause it to be bitter.

This is an excellent drink to break up a cold or fever when it first starts. Take a thorough enema, soak the feet in hot water for fifteen or twenty minutes, drink 3 glasses of hot lemonade, and go to bed. In the morning take a tepid bath, and be well.

RICE WATER.

Boil $\frac{1}{2}$ cup of rice in 2 quarts of water for one and one-half hours. Rice, when boiled for a long time, will become a jelly, and is slightly constipating in its nature. To each glass of the water, add 1 teaspoonful of currant jelly, or any fruit jelly desired.

PINEAPPLEADE.

Take 1 cup of sugar, put in a granite stew-kettle with 1 pint (2 cups) of water, let it boil until it forms a thin syrup, removing the scum as fast as it rises; meantime, pare a ripe pineapple quite thin, and with a sharp-pointed knife remove all the eyes, grate into a bowl, add to the syrup, let it boil for ten or fifteen minutes, and cool. Add more water, strain and use.

SLIPPERY-ELM TEA.

Take a few small pieces of slippery-elm bark, and pour over them some cold water. Place on the stove, and let them cook a few minutes; then strain and use, hot or cold. Add lemon-juice if desired.

GRUELS.

CORN-MEAL GRUEL.

Take 1 quart of water, 2 tablespoonfuls of corn-meal, 1 tablespoonful of white flour, and a little salt and nut cream. Rub the corn-meal and flour smooth in a little cold water, and pour it slowly into the boiling water, then add a little salt and nut cream. Put into a double boiler, and cook for three hours. If too much of the water boils away, more should be added.

GRAHAM GRUEL.

Take 4 cups of water, 1 cup of graham flour, and 1 tablespoonful of almond meal. Rub the flour smooth in 1 cup of the water, and heat the other 3 cups to boiling, stirring in the flour slowly; then stir in the almond meal, and cook in a double boiler for one hour or more. Salt may be added to the water if desired.

GROUND RICE GRUEL.

Put into the inner cup of a double boiler 3 cups of water, just a little salt, 1 tablespoonful of almond meal (see index for directions), and 1 tablespoonful of ground rice. Let it come to a boil, and then place in the double boiler, the water in which should be boiling, and cook for one hour. If desired, a few raisins may be added; they give it a flavor which improves it.

PLAIN GLUTEN GRUEL.

To 1 pint of boiling water stir in 2 tablespoonfuls of gluten, boil until it thickens, salt slightly, and serve at once. Gluten is already cooked, so it does not need prolonged cooking.

ALMOND GLUTEN GRUEL.

To the plain gluten gruel add 2 level tablespoonfuls of almond meal; put in a double boiler, and cook for fifteen or twenty minutes. Peanuts, hazelnuts, or any nut meal may be used instead of the almonds, if desired.

GLUTEN EGG GRUEL.

Make a thin, gluten gruel, because the egg will thicken it somewhat. Beat the egg smooth, and pour the hot gruel over the egg, beating all the time to have it thoroughly mixed before cooking.

GLUTEN GRUEL WITH RAISINS.

To 1 pint of water which should be boiling, add 2 level tablespoonfuls of gluten rubbed smooth in a little cold water, a little salt, and $\frac{1}{4}$ cup of seedless or seeded raisins which have been washed and soaked for one hour or more. Cook in a double boiler or on the back part of the stove for ten or fifteen minutes.

OATMEAL GRUEL.

Into 1 quart of boiling water stir 1 cup of rolled oats, let it boil until it will not settle when lifted from the stove, then place in a double boiler, and cook three hours. When done, sift through a sieve. Add a little salt and nut cream, either almond or peanut, and serve hot.

NUT GRUEL.

Blanch $\frac{1}{4}$ cup of almonds and $\frac{1}{4}$ cup of peanuts, and put them to cook in soft water. Let boil slowly until perfectly tender, then rub through a sieve. It will take three or four hours for them to cook. Add to them $\frac{1}{2}$ cup of zwieback, grated fine, a very little salt, and enough water to make of the consistency of gruel. This is a very palatable and nutritious dish for the sick.

WHITE FLOUR GRUEL.

Take 1 pint of nut milk, put in an inner cup of a double boiler; when boiling, stir in 1 level tablespoonful of white flour, which has been rubbed smooth in a little cold water. Season with a little salt and nutmeg or vanilla. A very little sugar may be added, if desired.

FRUIT.

Fruits are the most simple and easily digested of all foods; they contain a great deal of water, and are therefore very useful as food in fever cases. They also contain acids that are antiseptic in nature. The raw fruit, if thoroughly ripe and perfectly sound, can be eaten with relish and without injury by most invalids.

BAKED SWEET APPLES.

Select good sweet apples (the Talman Sweets are the best sweet winter apples), wash thoroughly, remove the blow from the end, but let the stem remain, place on granite pie-tins, pour over them 2 or 3 tablespoonfuls of water, and bake in a moderate oven until very soft clear through. It will take one and one-half or two hours according to the size of the apple. Serve hot or cold.

BAKED SOUR APPLES.

Take good tart apples, but not those that are too acid; wash well, pull off the stem, and remove the core from the blow end by means of a sharp knife or new clothes-pin, then place them stem end down on a granite pie-tin, and bake until soft but not mushy. Have ready the white of an egg beaten to a stiff froth, and flavor with sugar and vanilla. Fill up the cavities in the apple with the frosting, and place the half of a walnut kernel on top. Place in the oven to brown lightly.

BAKED PEARS.

Select good, ripe pears, wash well, but do not pare, and with a sharp knife remove the core from the blow end; place in a granite pie-tin with a very little water, and bake in a

moderate oven for two hours or until they are very soft clear through. If they are quite ripe, it will not take so long. When done, set them up on the stem end, and fill the holes with the white of an egg beaten to a stiff froth, sweetened with sugar and flavored with vanilla; then place a blanched and roasted almond upon the top of the frosting, return to the oven and let brown a trifle. Serve at once, or serve cold.

STEWED PRUNES.

Get good, sweet, California prunes, look over, wash, and soak in cool water overnight. In the morning, put into a granite stew-pan with enough cool water to cover them. Set them on the back part of the stove where they will cook gently for three or four hours, or until they are perfectly tender. They are very good without sugar, but a little may be added if desired. An excellent food in case of fevers and constipation.

CRANBERRY AND SAGO JELLY.

Take 1 pint of cranberries; wash, and put into a granite stew-pan, or cook in something which the acid of the berry will not affect, and cause the fruit to taste; cover with cold water, and cook until the skins burst. Mash with a spoon, pour into a jelly-bag, and squeeze out the juice. To each pint of the juice add $\frac{2}{3}$ cup of sugar and $\frac{1}{4}$ cup of sago; put on the stove, and let cook until the sago is transparent, then pour into cups to mold, and serve cold.

TAPIOCA JELLY.

Take 2 tablespoonfuls of tapioca, 1 pint of water, and boil very slowly for one hour, or until it becomes like jelly and transparent; add sugar to suit the taste, and 2 tablespoonfuls of any fruit juice desired. Can be eaten hot, or molded and served cold.

MISCELLANEOUS.

CHESTNUTS WITH RAISINS.

Remove the chestnuts from the shells, and put on the stove in hot water, allowing them to boil until the skins are loose enough to rub off, which will be in about five minutes; then put on to cook in hot water, and when they are about half done, or in one hour, put in some well-washed raisins, and cook until the chestnuts are mealy; a little salt may also be added if desired.

STEWED CHESTNUTS.

Prepare the chestnuts as in the preceding recipe, and cook until mealy; then add a little vanilla, and to 1 pint of the chestnuts add 1 tablespoonful of malt; heat and serve.

MALT.

Malt is especially adapted to those stomachs which can not digest starch. It is made from barley; the starch has been digested by the process through which it has gone. Take about 1 tablespoonful at each meal. It also may be mixed with other foods, as malted caramels, malted butter, etc. See directions for making elsewhere.

BREAD FOR THE SICK.

The unfermented breads and zwieback are the best, as they do not contain the yeast germs. Such breads as rolls, crisps, sticks, gems, and crackers are excellent. See directions for making under Breads.

Zwieback which has been thoroughly toasted, so that all the yeast germs are destroyed, granola, and granose are also good.

EGG-NOG NO. 1.

Take $\frac{1}{2}$ tumbler of cocoanut cream, add to it 1 teaspoonful of granulated sugar, the yolk of 1 egg, and beat with a fork until creamy. Beat the whites of an egg and a pinch of salt to a stiff froth, adding 1 teaspoonful of granulated sugar. Put two thirds of the beaten white in the tumbler with the other mixture and work together. Then put the remaining one third of the white on top and serve at once.

EGG-NOG NO. 2.

Take 1 medium-sized lemon, 1 tablespoonful of sugar, 1 perfectly fresh egg, $\frac{1}{2}$ glass of nut cream. Wash and scrape the lemon with a fork till all the oil cells are broken, then rub the sugar into it till it becomes quite yellow. Add half of this to the cream, yolk, and tablespoonful of juice, mixed together in a glass. Add the remaining of the sugar to the stiffly beaten white. Lastly stir two thirds of the white into the glass, and pile the remainder on top.

ORANGE EGG-NOG.

Beat the yolk of 1 egg and 1 tablespoonful of cold orange juice until stiff. Beat the white until it is frothy, but not stiff, and add the rest of the orange juice, and sugar to suit the taste, beating it until it is very stiff and crumbly. Fold it with the beaten yolks, put in a tumbler, and serve at once. A little of the orange oil may be added if desired. To obtain the oil, roll the orange on a plate or platter until the oil starts from the pores, then take a little granulated sugar in

each hand, and rub the orange until the sugar is saturated with the oil ; then take more sugar and continue until the oil is all taken. Use the sugar, or a part of it, in sweetening the egg-nog.

LEMON EGG-NOG.

Proceed the same as with the orange egg-nog, using the juice of the lemon instead of the orange. As the lemon is very acid, a less quantity is needed— $\frac{1}{2}$ lemon would be sufficient. These dishes are excellent for the sick, who can not take much nourishment, but very little sugar should be used in them.

FRUIT EGG-NOG.

Beat the egg, without separating, until very stiff, then add the sugar, and beat again. Add the fruit juice (cranberry, strawberry, or any other kind of fruit desired), adding a little at a time, beating vigorously ; 2 tablespoonfuls for one egg is sufficient.

SNOW EGG-NOG.

Take the white of 1 egg, and beat until frothy ; then add 1 tablespoonful of sugar and 1 tablespoonful of lemon-juice, beating until it is dry and crumbly. Put in a tumbler, and serve at once. Orange juice may be used instead of the lemon if desired, or a little fruit juice, or vanilla.

OTHER FOODS FOR THE SICK.

Other foods, directions for which are given elsewhere, are also good for the sick. Most of the toasts given under that head can be used ; also the grains and puddings.

CREAMS, ICES, ETC.

ICE-CREAM NO. 1.

TAKE 1 quart of nut cream, 1 cup of sugar, 3 eggs, and 2 teaspoonfuls of vanilla. Beat the whites and yolks of the eggs separately, adding the sugar and yolks; then add the vanilla, the beaten whites, and lastly the nut cream. Freeze at once.

ICE-CREAM NO. 2.

Take 1 quart of rich nut cream, either almond or peanut. If made from peanuts, the nuts should not be roasted very brown, only a yellow color. Add 1 cup of granulated sugar, and 2 teaspoonfuls of vanilla. Turn the cream into a double boiler, and cook for twenty or thirty minutes. Add the sugar before cooking, then cook, and add the vanilla, and freeze.

ICE-CREAM NO. 3.

Take 3 pints of nut cream (made by adding $\frac{1}{4}$ cup of *light* nut butter to each pint of water), 3 eggs, 3 teaspoonfuls of corn-starch, $1\frac{1}{2}$ cups of sugar. Scald cream in a double boiler, add corn-starch, cook five minutes, take from the fire, add eggs and sugar beaten together, and flavor with 1 teaspoonful of vanilla or lemon extract; cool and freeze. Add 1 pint of fruit, if desired.

FRUIT ICE-CREAM.

Make like recipe No. 3, and add 1 cup of mashed fruit to every quart of cream. If desired, the juice of the fruit only need be used.

NUT ICE-CREAM.

Make like recipe No. 3, and add 2 cups of nut meal made from walnuts, cocoanuts, or any other nut desired.

ICE-CREAM MADE OF PEANUT MILK.

Make the peanut milk by grinding the raw peanuts to a meal, but do not grind as fine as peanut butter; then to 2 cups of meal add 3 cups of water, and beat very thoroughly. Strain through two thicknesses of cheese-cloth, pressing out all the milk; put the contents of the bag into a bowl, and pour on $1\frac{1}{2}$ cups of water, beat very thoroughly, and strain the second time. Take the milk thus obtained, and cook in a double boiler for two hours or more, add two well-beaten eggs to each quart of milk, $\frac{3}{4}$ cup of sugar, 1 teaspoonful of vanilla, and salt to taste. Stir in the ingredients thoroughly, and remove from the stove; put into a pan of cold water to cool. When cool, it is ready to freeze.

ALMOND ICE-CREAM.

Take $\frac{1}{2}$ pound or $\frac{3}{4}$ cup of almond butter, and dissolve in $1\frac{1}{2}$ quarts of cold water, then add a pinch of salt, 2 beaten eggs, and $\frac{1}{2}$ teaspoonful of vanilla. Beat well together and freeze. Any flavoring may be added that suits the taste of the family, or if preferred, grated pineapple, strawberries, or any fruit desired may be added.

ICE-CREAM OF HICKORY CREAM.

Make the hickory cream as directed elsewhere, and to 1 quart of this cream add 2 well-beaten eggs, a pinch of salt, and sugar to suit the taste. Freeze without cooking.

ICE-CREAM OF PINE-NUT MILK.

Grind or mash the pine-nuts to a fine meal, and to each cup of the meal add 2 cups of cold or lukewarm water ; beat with a spoon, and press through two thicknesses of cheese-cloth. To each quart of this milk add 2 well-beaten eggs, a pinch of salt, sugar to suit the taste, and 1 teaspoonful of vanilla. Mix well, and freeze. The cream from any other nut may be made into ice-cream.

WATER ICES.

ORANGE ICE.

Take 2 quarts of water, 1 quart of orange juice, and 2 pounds of sugar. Melt the sugar in the water, letting it boil for a few moments, and removing the scum, if any rises. Then add the juice, and let it boil up once, again skimming, if necessary. When cold, put into a freezer, and turn until it is partly frozen. Remove the cover, scrape down the sides, and add a meringue made of the white of 1 egg beaten to a stiff froth, with 1 teaspoonful of finely powdered sugar. Work it in as smooth as possible, and then turn until frozen. The meringue keeps it from forming into granules, and makes it more like ice-cream.

LEMON ICE.

Take 3 quarts of water, 1 pint of lemon-juice, 2 pounds of sugar.

Make the same as orange ice.

PINEAPPLE ICE.

Take 3 quarts of water, $1\frac{1}{2}$ pints of pineapple juice, and 2 pounds of sugar.

Make the same as orange ice.

If desired, the cream of any nuts may be substituted for the water, but it then becomes an ice-cream.

SHERBETS.

Sherbets consist of the frozen juices of fruits without the addition of water. Usually a combination of fruit juices is employed.

SHERBET NO. 1.

Take 2 quarts of peach pulp, 1 quart of orange juice, and 2 pounds of sugar.

Make the same as water ices, omitting the meringue.

SHERBET NO. 2.

Take 2 quarts of apple juice, 1 quart of orange juice, 2 pounds of sugar.

Make the same as orange ice, omitting the meringue. The pulp or juice of the strawberry, raspberry, cherry, currant, plum, grape, or any other fruit may be used in the same way.

TO BLANCH NUTS.

PEANUTS.

ROASTED peanuts are blanched quite easily. The best and quickest method is with a blanching machine made for that purpose. But they can be blanched quite rapidly by rubbing them upon a sieve made of coarse wire, or they may be blanched by putting a few at a time in a coarse cloth or bag, and rubbing between the hands. The skins can then be removed by pouring from one dish into another and using an ordinary fan, or where the wind is blowing. There is a fan in the blanching machine, so when it is used the nuts are free from chaff as they come from the machine.

ALMONDS.

Almonds may be blanched by pouring over them boiling water, and letting them stand for a few minutes until the skins become loose. Then by pressing the nut between the thumb and finger the kernel will jump out of its jacket.

Some variety of almonds can be blanched by heating in the oven until they are hot, but not browned in the least. Set them in a cool, dry place; and when cold, the skins can be rubbed off the same as roasted peanuts.

FILBERTS.

Put the filberts on a tin in the oven, and let them get hot, but do not brown in the least. As soon as they get hot, the

skins will begin to crack; then cool, and they will rub off easily.

Do not roast the nuts, as roasting spoils the flavor.

WALNUTS.

Put the shelled walnuts on a tin in the oven just long enough to get hot. Then remove, and when cool, rub off the skins. They may also be blanched by putting in boiling water for a few minutes; but they can not be blanched so fast in this way.

BUTTERNUTS.

Remove from the shell as whole as possible, and then place in the oven until they are heated through. When cool, the skins will rub off easily.

Brazil-nuts can be blanched in the same way.

TO SALT NUTS.

PEANUTS NO. 1.

TAKE some peanuts that have been blanched and looked over, pour cold water over them, and drain. Then place on granite pie-tins, sprinkle generously with fine table salt, and bake in a moderate oven until they are perfectly dry and crisp.

Peanuts that are not blanched can be salted in the same way.

Peanuts that are salted in this way do not have the oily appearance that those do which have been salted the ordinary way,—with butter; and they do not become rancid as soon.

PEANUTS NO. 2.

If it is desired to salt with the skins on, take them hot from the roaster or oven, and for each quart pour over $\frac{1}{2}$ tablespoonful of nut oil; mix well that each kernel may be oiled on all sides, then sprinkle generously with salt, and mix again.

If it is desired to have the nuts blanched before salting, they must be allowed to get cold after roasting, so that the skins can be easily removed. After looking over the nuts, pour over them 1 tablespoonful of hot nut oil. Mix well, and sprinkle on salt, and mix again.

Nuts salted in this way, should be eaten as soon after salting as possible, or they will become rancid.

ALMONDS NO. 1.

Take some almonds that have been blanched, pour cold water over them, and drain. Then sprinkle with fine table salt, mix thoroughly, and bake to a nice straw color.

ALMONDS NO. 2.

Put blanched almonds in the oven, and toast to a nice straw color; remove from the oven, and while hot, pour over them 1 tablespoonful of nut oil for each quart of almonds. Mix well, and sprinkle with salt; mix again thoroughly, and when cool, serve.

PINE-NUTS.

Wash the nuts in water, drain, and sprinkle with salt, mixing it in well. Then place in the oven until they are toasted to a straw color. Toasting very much improves the taste of the pine-nut.

FILBERTS.

First blanch the filberts, then pour over them some cold water, and drain. Sprinkle generously with fine table salt, and after mixing well, place in the oven to dry, but do not brown in the least, as it hurts the flavor of the filbert to toast it.

WALNUTS, HICKORY-NUTS, PECANS, BUTTERNUT, ETC.

These may be salted in the same way as other nuts, but toasting does not improve the taste of these nuts; they should be placed in the oven only long enough to dry.

CONFECTIONERY.

TAFFY.

TAKE 3 cups of very light brown sugar and 1 cup of water. Put into a dish which may be readily handled. A long-handled, granite stew-pan is most convenient. Stir until sugar is dissolved ; no longer, or it will grain. When nearly done, add 1 teaspoonful of lemon-juice and 2 tablespoonfuls of peanut oil. Test by dropping a little into a cup of cold water. If it hardens quickly and becomes brittle, it is done, and should be removed from the stove at once, lest it should become too stiff. Add a teaspoonful of vanilla extract, pour the mixture into shallow pans, previously oiled, and take to a cool place. When cooled sufficiently to allow handling, begin pulling. The more it is pulled, the lighter it becomes.

PEANUT CANDY.

Take 1 pound of sugar, and 1 pound of peanuts. Sugar should be granulated, although other kinds may be used. Melt the sugar by putting it into a granite or porcelain-lined kettle or basin, and heating, using care constantly to stir to prevent burning. While melting, it will turn to a brown color and then become creamy ; then add the blanched peanuts. Turn at once into an oiled tin or platter. If made as it should be, the candy will be brittle when cold. If the peanuts are salted before being added, better candy can be made.

COCOANUT CREAM CARAMELS.

Take 4 cups of Coffee A sugar, or light-brown sugar, and 1 cup of thin cocoanut cream. Stir for five minutes. Place on stove, and boil, not stirring after sugar has melted. Test by dropping a little into a cup of cold water. If it becomes thick enough to be worked between the fingers, like caramels, it has boiled enough. Just before removing from stove, flavor with vanilla, or any other extract desired. Pour into square tins, about half an inch in thickness. Cut into squares, and wrap in oiled paper. The candy, by being pulled like taffy, may be made a much lighter color and better in quality.

HONEY CARAMELS.

To 3 cups of light-brown, or $2\frac{1}{2}$ cups of Coffee A sugar, add $\frac{1}{2}$ cup of cream, $\frac{1}{4}$ cup of hot water, and 2 tablespoonfuls of strained honey. Mix well, and allow to boil without stirring. Test frequently, until a small amount, dropped into ice-water, will make a slight crackling sound by coming in contact with the cold water; then add a teaspoonful of vanilla, and pour the mixture into an oiled pan. Before becoming very cool, cut into squares.

PEANUT CREAM CARAMELS.

Make like the cocoanut creams, substituting peanut cream and water in place of the cocoanut cream. If more water is added, and the mixture allowed to cook longer, the raw peanut taste is avoided. Flavor with vanilla or rose-water, and finish the candy the same as above recipe.

CREAM NUTS.

Take the white of 1 egg, 1 teaspoonful of cocoanut cream, 1 teaspoonful of vanilla, and 1 pound of pulverized sugar.

Beat the white of the egg, add the vanilla, and beat again. Pour in the nut cream, and beat in part of the sugar; then take out the egg-beater, and knead in sufficient sugar to make the mixture mold well, taking care not to put in too much, lest it should become crumbly. Make into balls by rolling between the hands, and press the half of a walnut or pecan kernel into the top. Put into well-oiled tins, place in the oven, leaving the door open, and bake very slowly—long enough to cook the egg, but not to melt the sugar.

CHOCOLATE DROPS.

Shave a sufficient quantity of chocolate to make 1 cup, put in a basin, and set in a warm place until the chocolate melts. Add 1 teaspoonful of vanilla and 1 teaspoonful of water, mix well, and add $1\frac{1}{2}$ cups of pulverized sugar and 1 level tablespoonful of almond or pine-nut butter.

ALMOND CREAMS.

Work 2 tablespoonfuls of almond butter in pulverized sugar until it can be molded with the hands, when the mixture should be molded into cone-shaped drops and allowed to dry. Rose-water, vanilla, or any flavoring desired, may be added.

Chocolate creams may be made in this manner by adding to the almond creams a coating of chocolate, which can be done by melting grated chocolate, and rolling the drops in it, after which place on oiled tins, and allow to dry.

PEPPERMINT LOZENGES.

Beat the white of 1 egg with 1 teaspoonful of water, until stiff; then beat in as much pulverized sugar as possible, and add 5 or 6 drops of peppermint oil. Sift some powdered

sugar upon a marble slab or large platter, and knead well, adding more sugar, if needed. Roll out with a glass rolling-pin. A round glass bottle will do. Cut into small round- or square-shaped pieces, or roll into small balls. Place upon oiled tins, and set into an oven to dry, leaving the door open.

WINTERGREEN LOZENGES.

Make similar to the peppermint lozenges, substituting wintergreen for flavoring. The quantity required depends upon the strength of the wintergreen used.

COCOANUT BISCUIT.

Beat the white of 1 egg into a stiff froth. Stir in $1\frac{1}{2}$ cups of pulverized sugar and all the shredded cocoanut that can be worked in. Form into small biscuits, and bake in a moderately heated oven until the upper part of the biscuit is a light-brown color.

ALMOND MACAROONS.

Take 3 eggs, 1 cup of sugar, 1 cup of almond or pine-nut butter. Beat the whites of the eggs into a froth, and add a little sugar, beating again. Add a little more sugar, beating continuously, and in this manner put in all the sugar. Then beat until the mixture becomes thick enough to allow being cut with a knife, like cake, after which gently fold in the almond meal, which is better if the almonds are toasted slightly before being ground. Then drop on buttered granite tins. Place in a moderately hot oven, leave one minute, then open door, and let dry. A glazed surface can be secured by brushing the macaroons with water.

KISSES.

Take $\frac{3}{4}$ pound of sugar, 6 eggs, 1 pound of flour, $1\frac{1}{4}$ cups of almond meal, 1 pound of sifted flour, 1 grated nutmeg. Beat the whites and yolks separately into a stiff froth, add the sugar to the yolks, and beat in; then fold in the beaten whites, add the almond meal, nutmeg, and flour, folding in carefully. Drop upon oiled tins, and bake in moderate oven.

HICKORY-NUT KISSES.

Take the whites of 2 eggs, 2 tablespoonfuls of white flour, $\frac{1}{2}$ cup of granulated sugar, and $\frac{1}{2}$ cup of hickory-nut meats. Beat the eggs stiff, adding the sugar a little at a time, and beating; then fold in the nuts and flour, and drop in small teaspoonfuls on oiled tins, and bake.

DATE DAINITIES.

Select good whole dates, pick them apart carefully so as not to mash them, then pour boiling water on them, shaking for a minute; drain, and pour over them cold water, and drain again. Then with a sharp knife cut open one side lengthwise, and remove the pit, filling its place with nut butter or any kind of nut; close it together, and roll in pulverized sugar.

SALTED ALMONDS.

Remove the almonds from the shell, blanch them, and place in the oven to get thoroughly dry; then to each pint of nuts use 1 tablespoonful of nut oil of any kind desired, mix well with the nuts so that all sides of the almonds may become well oiled, then sprinkle with salt, and bake in the oven until they are very crisp and slightly browned; then they are ready to serve.

SALTED PINE-NUTS.

Take 2 cups of pine-nuts, 1 tablespoonful of pine-nut oil (or any nut oil desired), mix well, sprinkle with salt, and put in the oven to toast slightly. If desired, a little sugar may be used instead of the salt.

ROASTED CHESTNUTS.

Put some chestnuts on a roll-baker in a hot oven, and bake them until the kernels are a light brown. They can be roasted on top of a wood stove, if they are carefully watched and turned over to keep them from scorching. The raw chestnuts contain seventy per cent. of starch, and should be cooked in some way before they are eaten.

MENUS.

A MISTAKE that is very common among people, especially those who are well-to-do, is having too great a variety at one meal. "It would be better to eat only three or four different kinds of foods at each meal than to load the stomach with many varieties." But there should often be a change in the menu. "The cook should tax her inventive powers to vary the dishes she prepares for the table, and the stomach should not be compelled to take the same kinds of food meal after meal." In order to be proficient in her work, the cook should understand enough of physiology to be informed upon all points that pertain to digestion, as well as upon the nutritive value of foods, their digestibility, and the time each takes for digestion. If she does not understand these, she should consult the Dietetic Table in the back part of this book, before making out a menu.

The system requires from one sixth to one seventh as much albuminous elements as carbonaceous, and care should be taken to have foods which contain these elements. For example : rice is nearly all starch; then when rice is served, something that has an abundance of the albuminous element should be served at the same meal ; as beans, peas, or some form of nuts.

Wheat, and most of the other grains, contain both elements in the right proportion ; also some fruits, as the strawberry, etc.

The combination of foods should also be taken into account when preparing the menu ; but in large families

perhaps a greater variety will need to be prepared, as all may not be able to eat certain kinds of food. If there are those in the family who can not eat vegetables for dinner, there should be fruits, and different preparations of grains, to enable them to make a selection.

Following are a few breakfast and dinner menus, which may be an aid to some in preparing the menu : —

BREAKFAST No. 1.

Breads : gems and rolls.

Toast : peach or apple.

Grains : stewed rice with fig sauce.

Fresh Fruit : apples, peaches, or pears.

Sauce : apple.

BREAKFAST No. 2.

Breads : raised graham, white nut crisps.

Fresh Fruit : grapes or apples.

Toast : apple.

Grains : graham mush cooked with apples.

Cooked Fruit : baked sweet apples.

BREAKFAST No. 3.

Breads : raised biscuit, beaten biscuit.

Toast : nut foam or nut gravy.

Grains : rolled oats with nut milk.

Sauce : huckleberry or pear.

Fruit : steamed figs.

BREAKFAST No. 4.

Breads : sticks and raised bread.

Grains : grits with grape juice.

Toast : strawberry.

Fresh Fruit : bananas or apples.

Sauce : prune.

DINNER No. 1.

Breads : raised bread and rolls.

Grains : pearl barley with nut milk.

Vegetables : mashed potatoes with nut gravy, steamed
squash flavored with almond or pine-nut.

Nuts : nuttosia stewed, nut butter.

DINNER No. 2.

Breads : raised bread and zwieola.

Grains : stewed brown rice.

Vegetables: boiled potatoes with nuttosia gravy,
stewed green peas with almond or pine-
nut to flavor, vegetable roast.

Nuts : sliced nuttosia.

DINNER No. 3.

Breads : raised bread and sticks.

Grains : farina with maple syrup.

Vegetables : potato soufflé, baked sweet potatoes.

Nuts : deviled nuts, nut butter.

DINNER No. 4.

Soup : kidney bean with croutons.

Breads : raised bread and zwieola.

Vegetables : potatoes stewed with nuttosia.
escaloped tomatoes.

Nuts : nuttosia steak.

Pie : pumpkin.

DINNER No. 5.

Soup : vegetable oyster.

Breads : raised graham and rolls.

Vegetables : mashed potatoes and gravy,
baked parsnips.

Nuts : nut roast.

Dessert : cocoanut or potato pie.

MENUS FOR THOSE WHO CAN NOT EAT FRUIT.

BREAKFAST No. 1.

Grains : cracked wheat.

Toast : peanut gravy.

Breads : graham rolls, whole-wheat gems, raised bread.

Vegetables : potato hash, macaroni with egg sauce.

Nut Foods : nut butter, malted caramels.

Drinks : hot nut milk, Brazil-nut coffee.

BREAKFAST No. 2.

Grains : rolled oats.

Toast : lentil.

Breads : raised biscuit, cream crisps, beaten biscuits.

Vegetables : macaroni cornlet, baked squash.

Nut Foods : stewed nutmeato, nut flakes.

Drinks : hot nut milk, peanut coffee.

BREAKFAST No. 3.

Toast : nut broth.

Breads : crackers, rolls.

Vegetables : malted sweet potatoes baked.

Nut Foods : nutmeato steak.

Drinks : hot bouillon, grain coffee.

DINNER No. 1.

Soup : tomato, peanut.

Breads : crackers, raised breads, crisps.

Nut Foods : pecan sausages, sliced nutmeato, nut gravy.

Vegetables : mashed potatoes, scalloped tomatoes.

Drinks : hot milk, peanut coffee.

Dessert : cream cake.

DINNER No. 2.

Soup : Scotch pea soup.
 Grains : steamed browned rice.
 Nut Foods : nut butter with egg, nut fish baked.
 Vegetables : cream cabbage, baked beans,
 mashed potatoes.
 Breads : crackers, croutons, raisin bread, rolls.
 Drinks : walnut coffee, hot cocoanut milk.
 Dessert : custard pie.

DINNER No. 3.

Soup : bouillon.
 Breads : croutons, crisps, raised bread.
 Nut Foods : cutlets of nuts, nut butter, nut gravy.
 Vegetables : potato soufflé, baked egg-plant.
 Drinks : hot peanut milk, walnut coffee.
 Dessert : rice cocoanut pudding.

**MENUS FOR THOSE WHO CAN NOT EAT
 VEGETABLES.**

BREAKFAST No. 1.

Grains : corn-meal.
 Toast : strawberry.
 Breads : rolls, graham gems, crisps.
 Nut Foods : sliced nutmeato, nut butter.
 Fruits : stewed (peach);
 fresh (pears and apples).
 Drinks : hot nut milk, peanut coffee.

BREAKFAST No. 2.

Grains : wheaten grits.
 Toast : nut foam.
 Breads : corn-meal pancakes, beaten biscuit,
 graham rolls.
 Nut foods : sausage, nut butter.
 Fruits : stewed (cranberry);
 fresh (apples, grapes).
 Drinks : hot hickory milk, filbert coffee.

BREAKFAST No. 3.

Grains : steamed rice with fig sauce

Toast : almond broth.

Breads : unleavened biscuit, raised bread, rolls.

Nut Foods : nut butter, fruitosia.

Fruits : stewed (cherry);

fresh (bananas, plums).

Drinks : hot nut milk

DINNER No. 1.

Soups : fruit.

Grains : pearl barley with fig sauce.

Breads : crackers, crisps, raised bread.

Nut Foods : vegetable roast, nut gravy, nut butter.

Fruits : stewed (strawberry or huckleberry);

fresh (cherries).

Dessert : berry pie.

DINNER No. 2.

Soup : lentil.

Grains : granola with hot nut milk.

Breads : granose cakes, croutons, salt-rising
bread.

Nut Foods : mock veal loaf, nut gravy, nut
butter.

Fruits : stewed (plum);

fresh (peaches and pears).

Dessert : peanut cream cake.

DINNER No. 3.

Soup : peanut milk.

Grains : dry granose with malt.

Breads : croutons, buns, raised bread.

Nut Foods : nut meato steak with peanut gravy,
nut butter.

Fruits : stewed (peaches with cocoanut cream);
fresh (grapes).

Dessert : apple pie.

THANKSGIVING DINNER.

The Thanksgiving dinner has been a great puzzler to the vegetarian housewife. "How can we ever celebrate Thanksgiving without a turkey?" has been a question which it has been hard to solve. I propose that we *do* have a turkey for Thanksgiving,—not the corpse of a bird whose life was sacrificed to satisfy our perverted appetites, but something which, although it looks like a real turkey, with neck, wings, legs, and even the drum-stick bones protruding, is only one made of nuts and grains. Then let us have the pumpkin pie, chicken croquettes, and fish all stuffed and baked, the salads, and lettuce,—in fact, all that Thanksgiving calls for; but we will use only wholesome material. We will substitute nut foods for the different meats, lemon-juice will take the place of vinegar, and nuts the place of animal fats. With painstaking, we shall have a better dinner than our sisters who have their platters laden with the remains of a barn-yard fowl, and with cakes and pies filled with animal fats and spices. Besides this, we shall have a clearer mind, as well as a clear conscience; while those who eat meat are taking poisons into the system which benumb the brain, cloud the conscience, and render man unfit to meet the vesper hour and hold communion with his God.

THANKSGIVING DINNER MENU.

SOUP.

Canned-corn soup, canned-pea soup, or vegetable oyster soup, seasoned with raw peanut cream.

FISH.

A stuffed baked trout.

ENTRÉE.

Mock chicken croquettes. Serve with it mock salmon salad.

Stewed salsify (vegetable oyster) with cream.

THANKSGIVING TURKEY.

With the turkey send a sauce-boat of gravy, sweet potatoes, curled celery or lettuce, and cranberry sauce.

BREADS.

Nut crisps, nice buns, and cream rolls.

PIE.

Pumpkin pie with cocoanut cream crust.

FRUITS.

Fresh fruit, red-cheeked apples, oranges, and any other fruits desired.

NUTS.

Salted almonds, salted pine-nuts, and roasted chestnuts.

BEVERAGE.

Butternut coffee with peanut cream.

CHRISTMAS DINNER.

Ornament the table with a dish of ferns and carnations. The stems should be long and graceful, and carelessly arranged in an old-fashioned china bowl, or a glass dish without feet or stem. Or a pretty pot-plant in full bloom makes a very pretty centerpiece set upon an oval-shaped mat of velvet or plush, the color of which will contrast with the color of the blossoms.

SOUP.

Vegetable oyster served with crackers.

NUT LOBSTER.

Made of roasted pine-nuts.

CUTLETS OF NUTS.

With this course serve canned peas and stuffed tomatoes

ROAST VENISON.

See directions for making vegetable roast. With this course serve a nice gravy, currant or grape jelly in orange baskets, stuffed potatoes and mock chicken salad.

DRINK.

Brazil-nut coffee.

BREADS.

Raised bread and buns.

DESSERT.

Mince pie and nut cream cake.

FRUIT.

Bananas, white grapes, oranges, and late pears.

Recipes for these various dishes are given in this book.

NOTICE.— Before attempting to prepare any of the dishes described in this book, the reader is requested to study the articles on "Foods" and "Combination of Foods," as well as the articles on each class of foods, and thus be certain of the highest success.

COMPOSITION OF FOODS.

THE ordinary food material, such as breads, grains, eggs, vegetables, fruit, etc., consists of, first, the refuse, such as the shells of eggs and bran of wheat; and second, the edible portion, as the yolk of the egg and the flour of wheat.

In the following table only the edible portion is considered. This consists of the non-nutrients and nutrients. Water, refuse, and the salt of salted meats are called non-nutrients; while protein, fats, carbohydrates, and ash (mineral matter) are the nutrients:—

PROTEIN.—1. Albuminoids: albumen (white of egg; casein (curd of milk); myosin, the basis of muscle (lean meat); gluten of wheat, etc. 2. Gelatinoids: as collagen of tendons, ossein of bones which yield gelatin, or glue.

FATS.—Fats of meat, butter, nuts, corn, olive, etc.

CARBOHYDRATES.—Sugar, starch, cellulose (woody fiber).

ASH, OR MINERAL MATTER.—Calcium phosphate, or phosphate of lime; sodium chloride (common salt).

FUEL VALUE.—Fuel value represents the number of calories of heat which one pound of a given material would yield upon combustion, allowance being made for the nitrogenous products of metabolism of protein compounds, which are not consumed in the body. The fuel value, or potential energy, is estimated in calories. The calorie is the heat which would raise a kilogram of water one degree centigrade (or one pound of water about four degrees Fahrenheit). A foot-ton is the energy (power) which would lift one ton one foot. One calorie corresponds to 1.53 foot-tons. A gram of protein or carbohydrates is assumed to yield 4.1 calories, and a gram of fats

9.3. A pound of fats is equivalent in fuel value, on the average, to a little over two pounds of protein or carbohydrates. The figures for fuel value (potential energy) in the table is calculated by multiplying the number of grains of protein and of carbohydrates in one pound (1 lb. = 453.6 grains) by 4.1, and the number of grains of fat by 9.3, and taking the sum of these three products as the number of calories of fuel value in a pound of the material.

The average composition of these compounds is about as follows : —

Protein contains 53 per cent. carbon, 7 per cent. hydrogen, 24 per cent. oxygen, 16 per cent. nitrogen.

Fats contain 76.5 per cent. carbon, 12 per cent. hydrogen, 11.5 per cent. oxygen, no nitrogen.

Carbohydrates contain 44 per cent. carbon, 6 per cent. hydrogen, 50 per cent. oxygen, no nitrogen.

It is to be noted that the fats and carbohydrates contain no nitrogen, while the protein does.

The albuminoids and gelatinoids are frequently classed together as proteids. The term "proteids" is also used to include all the nitrogenous ingredients; *i. e.*, synonymous with protein.

WAYS IN WHICH MATERIALS ARE USED IN THE BODY.

Proteins form tissue (muscle, tendon, etc.), and serve as fuel.

Fats form fatty tissue (not muscle, etc.), and serve as fuel.

Carbohydrates are transformed into fat, and serve as fuel.

Alcohol does not form tissue, but does serve as fuel.

Tea and coffee (thein, caffein) do not form tissue, and do not serve as fuel.

Extracts (meat extracts, beef tea) do not form tissue, and do not serve as fuel.

The following table is taken, by permission of the U. S. Department of Agriculture, from "American Food Material," by W. O. Atwater, Ph. D., and Chas. D. Woods, B. S. :—

DIETETIC TABLES.

COMPOSITION OF AMERICAN FOOD PRODUCTS.

| FOOD MATERIAL. | Water. Per cent. | NUTRIENTS. | | | | | |
|-----------------------------------|---------------------|-----------------------|--------------------|----------------------------------|-------------------|------------------------------------|--------------------------------------|
| | | Protein. Per cent. | Fats. Per cent. | Carbohy- drates. Per cent. | Ash. Per cent. | Total nu- triment. Per cent. | Fuel value per pound Calories. |
| California fine flour, av | 13.8 | 7.9 | 1.4 | 76.4 | .5 | 86.2 | 1625 |
| Entire wheat flour " | 12.1 | 14.2 | 1.9 | 70.6 | 1.2 | 87.9 | 1660 |
| Graham flour " | 11.8 | 13.7 | 2.2 | 70.3 | 2.0 | 88.2 | 1655 |
| Graham flour, Calif. " | 12.1 | 8.5 | 2.0 | 75.8 | 1.6 | 87.4 | 1650 |
| Low-grade flour " | 11.4 | 13.9 | 2.6 | 70.8 | 1.3 | 88.6 | 1685 |
| Roller process flour " | 12.5 | 11.3 | 1.1 | 74.6 | .5 | 87.5 | 1645 |
| Spring wheat flour " | 11.6 | 11.8 | 1.1 | 75.0 | .5 | 88.4 | 1660 |
| Winter " " " | 12.5 | 10.4 | 1.0 | 75.6 | .5 | 87.5 | 1640 |
| Unclassified flour " | 12.3 | 10.7 | 1.1 | 75.4 | .5 | 87.7 | 1650 |
| Prepared flour " | 10.8 | 10.1 | 1.2 | 74.3 | 3.6 | 89.2 | 1620 |
| Beck's Breakfastina | 9.7 | 11.4 | 1.7 | 75.9 | 1.3 | 90.3 | 1695 |
| Cerealine | 10.6 | 9.4 | 1.6 | 78.6 | .4 | 89.4 | 1680 |
| Crushed wheat, av. | 10.5 | 11.9 | 1.7 | 74.5 | 1.4 | 89.5 | 1680 |
| Macaroni and vermicelli, av. | 10.8 | 11.7 | 1.6 | 72.9 | 3.0 | 89.2 | 1640 |
| Rex wheat | 10.4 | 11.4 | 2.1 | 74.5 | 1.6 | 89.6 | 1685 |
| Wheat germ meal. | 11.7 | 11.4 | 2.2 | 73.7 | 1.0 | 88.3 | 1675 |
| Wheatlet | 10.4 | 12.3 | 1.4 | 75.0 | .9 | 89.6 | 1685 |
| White wheat farina, av | 9.7 | 11.1 | 1.4 | 77.6 | .2 | 90.3 | 1710 |
| Barley meal " | 11.9 | 10.5 | 2.2 | 72.8 | 2.6 | 88.1 | 1640 |
| Barley pearled " | 10.8 | 9.3 | 1.0 | 77.6 | 1.3 | 89.2 | 1660 |
| Buckwheat flour, " | 14.3 | 6.1 | 1.0 | 77.2 | 1.4 | 85.7 | 1590 |
| Buckwheat flour, self-rising, av. | 12.2 | 6.8 | 1.0 | 74.7 | 5.3 | 87.8 | 1560 |
| Buckwheat farina, av. | 10.9 | 4.1 | .4 | 84.1 | .5 | 89.1 | 1660 |
| Corn-meal, bolted " | 12.9 | 8.9 | 2.2 | 75.1 | .9 | 87.1 | 1955 |
| Corn-meal, unb'd, edible portion | 11.4 | 8.2 | 4.6 | 74.5 | 1.3 | 88.6 | 1730 |
| Corn hominy, av. | 11.9 | 8.2 | .6 | 78.9 | .4 | 88.1 | 1645 |
| Oatmeal " | 7.2 | 15.6 | 7.3 | 68.0 | 1.9 | 92.8 | 1860 |
| Oats, rolled " | 7.2 | 16.9 | 7.2 | 66.8 | 1.9 | 92.8 | 1860 |
| Pop-corn, raw, " | 10.8 | 11.2 | 5.2 | 71.4 | 1.4 | 89.2 | 1755 |
| Pop-corn, popped " | 4.3 | 10.7 | 5.0 | 78.7 | 1.3 | 95.7 | 1875 |
| Rice " | 12.4 | 7.8 | .4 | 79.0 | .4 | 87.6 | 1630 |
| Rice, boiled | 52.7 | 5.0 | .1 | 41.9 | .3 | 47.3 | 875 |
| Rice flour, av. | 9.1 | 9.1 | 7.4 | 65.9 | 8.5 | 90.9 | 1795 |
| Rye meal or flour " | 12.7 | 7.1 | .9 | 78.5 | .8 | 87.3 | 1630 |

| FOOD MATERIAL. | Water. Per cent. | NUTRIENTS. | | | | | |
|---------------------------------------|---------------------|-----------------------|--------------------|----------------------------------|-------------------|------------------------------------|---------------------------------------|
| | | Protein. Per cent. | Fats. Per cent. | Carbohy- drates. Per cent. | Ash. Per cent. | Total nu- triment. Per cent. | Fuel value per pound. Calories. |
| BREAD. | | | | | | | |
| White, av. | 35.4 | 9.5 | 1.2 | 52.8 | 1.1 | 64.6 | 1205 |
| Brown, " | 40.0 | 5.0 | 2.4 | 50.7 | 1.9 | 60.0 | 1135 |
| Corn, johnny-cake, av. | 38.0 | 8.5 | 2.7 | 47.3 | 3.5 | 62.0 | 1150 |
| Cassava | 10.5 | 9.1 | .3 | 79.0 | 1.1 | 89.5 | 1650 |
| Gluten | 35.7 | 11.1 | 2.4 | 48.6 | 2.2 | 64.3 | 1210 |
| SUGARS. | | | | | | | |
| Honey, strained, av. | | | | 75.1 | | 75.1 | 1395 |
| Molasses, " | 25.7 | 2.7 | | 68.0 | 3.6 | 74.3 | 1315 |
| Sugar, extra C & similar sugar. | | | | 95.0 | | 95.0 | 1765 |
| Sugar, granulated | | | | 100.0 | | 100.0 | 1860 |
| Sugar, maple, av | | | | 82.8 | | 82.8 | 1540 |
| STARCHES. | | | | | | | |
| Tapioca, av. | 11.6 | .4 | .3 | 87.5 | .2 | 88.4 | 1650 |
| Starch, " | | | | 98.0 | | 98.0 | 1825 |
| VEGETABLES. | | | | | | | |
| Artichokes, as purchased, av. | 79.5 | 2.6 | .2 | 16.7 | 1.0 | 20.5 | 365 |
| Asparagus " " " .. | 94.0 | 1.8 | .2 | 3.3 | .7 | 6.0 | 105 |
| Beans, dried " " " .. | 13.2 | 22.3 | 1.8 | 59.1 | 3.6 | 86.8 | 1590 |
| Beans, lima " " " .. | 11.1 | 15.9 | 1.8 | 67.1 | 4.1 | 88.9 | 1620 |
| Beans, lima green, as purchased .. | 68.5 | 7.1 | .7 | 22.0 | 1.7 | 31.5 | 570 |
| Beans, String, as purchased, av .. | 87.3 | 1.2 | .4 | 9.4 | .7 | 12.7 | 235 |
| Beets, edible portion, av. | 87.6 | 1.6 | .1 | 9.6 | 1.1 | 12.4 | 210 |
| Brussels Sprouts, edible por., av. .. | 88.2 | 4.7 | 1.1 | 4.3 | 1.7 | 11.8 | 215 |
| Cabbage, " " " .. | 90.3 | 2.1 | .4 | 5.8 | 1.4 | 9.7 | 165 |
| Carrots, " " " .. | 88.2 | 1.1 | .4 | 9.2 | 1.1 | 11.8 | 210 |
| Cauliflower, as purchased | 90.8 | 1.6 | .8 | 6.0 | .8 | 9.2 | 175 |
| Celery, " " " .. | 94.4 | 1.4 | .1 | 3.0 | 1.1 | 5.6 | 85 |
| Corn, green (sweet), edible por. | 81.3 | 2.8 | 1.1 | 14.1 | .7 | 18.7 | 360 |
| Cucumber, edible portion, av. | 96.0 | .8 | .2 | 2.5 | .5 | 4.0 | 70 |
| Eggplant, as purchased | 92.9 | 1.2 | .3 | 5.1 | .5 | 7.1 | 130 |
| Greens, " " " av. | 82.9 | 3.8 | .9 | 8.9 | 3.5 | 17.1 | 275 |
| Kohl rabi, " " " .. | 91.1 | 2.0 | .1 | 5.5 | 1.3 | 8.9 | 145 |
| Leeks, " " " .. | 78.0 | 1.0 | .4 | 5.0 | .6 | 7.0 | 130 |
| Lentils, " " " .. | 10.7 | 26.0 | 1.5 | 58.6 | 3.2 | 89.3 | 1635 |
| Lettuce, " " " .. | 77.1 | 1.1 | .3 | 2.7 | .8 | 4.9 | 85 |
| Okra, " " " .. | 87.4 | 2.0 | .4 | 9.5 | .7 | 12.6 | 230 |
| Onions, " " " av. | 78.6 | 1.5 | .4 | 8.9 | .6 | 11.4 | 210 |
| Parsnips, " " " .. | 63.9 | 1.3 | .5 | 12.9 | 1.4 | 16.1 | 228 |
| Peas, dried, as purchased, av. | 10.8 | 24.1 | 1.1 | 61.5 | 2.5 | 89.2 | 1640 |

| FOOD MATERIAL. | Water. Per cent. | NUTRIENTS. | | | | | |
|-------------------------------------|---------------------|-----------------------|--------------------|----------------------------------|-------------------|------------------------------------|---------------------------------------|
| | | Protein. Per cent. | Fats. Per cent. | Carbohy- drates. Per cent. | Ash. Per cent. | Total nu- triment. Per cent. | Fuel value per pound. Calories. |
| Peas, cowpeas, as purchased, av. | 13.0 | 21.3 | 1.4 | 60.9 | 3.4 | 87.0 | 1590 |
| *Peas, green, edible portion . . | 78.1 | 4.4 | .5 | 16.1 | .9 | 21.9 | 400 |
| Peas, green, sugar, as purchased. | 81.8 | 3.4 | .4 | 13.7 | .7 | 18.2 | 335 |
| Potatoes, boiled, av. | 73.7 | 2.7 | .2 | 22.3 | 1.1 | 26.3 | 475 |
| Potato chips, fried, as purchased | 1.8 | 7.6 | 35.5 | 50.6 | 4.5 | 98.2 | 2580 |
| Potatoes, raw, as purchased. . . | 67.1 | 1.8 | .1 | 15.3 | .7 | 17.9 | 325 |
| Potatoes, sweet, edible portion.. | 69.3 | 1.8 | .7 | 27.1 | 1.1 | 30.7 | 565 |
| Pumpkins, edible portion, av. . . | 93.1 | 1.0 | .1 | 5.2 | .6 | 6.9 | 120 |
| Radishes, " " " " | 90.8 | 1.4 | .1 | 6.6 | 1.1 | 9.2 | 155 |
| Rutabaga, " " " " | 88.9 | 1.3 | .2 | 8.5 | 1.1 | 11.1 | 190 |
| Spinach, as purchased. | 92.4 | 2.1 | .5 | 3.1 | 1.9 | 7.6 | 120 |
| Squash, edible portion, av. . . . | 86.5 | 1.6 | .6 | 10.4 | .9 | 13.5 | 245 |
| Tomato, as purchased, " " . . . | 94.4 | .8 | .4 | 3.9 | .5 | 5.6 | 105 |
| Turnips, edible portion, " " . . . | 88.9 | 1.4 | .2 | 8.7 | .8 | 11.1 | 195 |
| Yeast, as purchased. | 65.1 | 11.7 | .4 | 21.0 | 1.8 | 34.9 | 625 |
| VEGETABLES, CANNED. | | | | | | | |
| Artichokes, av. | 92.5 | .8 | ... | 5.0 | 1.7 | 7.5 | 110 |
| Asparagus " " " " | 94.4 | 1.5 | .1 | 2.8 | 1.2 | 5.6 | 85 |
| Beans and Pork, baked, av. . . . | 68.0 | 6.9 | 3.3 | 19.7 | 2.1 | 32.0 | 665 |
| Beans, string, av. | 93.6 | 1.1 | .1 | 3.9 | 1.3 | 6.4 | 95 |
| Beans, French string haricot verts | 95.2 | 1.1 | .1 | 2.5 | 1.1 | 4.8 | 70 |
| Beans, Fr. st'g haricot flageolets. | 81.6 | 4.6 | .1 | 12.5 | 1.2 | 18.4 | 320 |
| Beans, Fr. st'g haricot panachés | 86.1 | 3.7 | ... | 9.2 | 1.0 | 13.9 | 240 |
| Beans, lima, av. | 79.5 | 4.0 | .3 | 14.6 | 1.6 | 20.5 | 360 |
| Beans, shelled. | 72.7 | 7.0 | .2 | 18.5 | 1.6 | 27.3 | 480 |
| Brussels sprouts. | 93.7 | 1.5 | .1 | 3.4 | 1.3 | 6.3 | 95 |
| Corn, green, av. | 75.7 | 2.8 | 1.3 | 19.3 | .9 | 24.3 | 465 |
| Corn and tomatoes, av. | 87.6 | 1.6 | .4 | 9.6 | .8 | 12.4 | 225 |
| †Macedoine, " " " " | 93.1 | 1.4 | ... | 4.5 | 1.0 | 6.9 | 110 |
| Okra, " " " " | 94.4 | .7 | .1 | 3.6 | 1.2 | 5.6 | 85 |
| Okra and tomato, " " " " . . . | 91.8 | 1.1 | .3 | 5.2 | 1.6 | 8.2 | 130 |
| Peas, green, " " " " | 85.3 | 3.6 | .2 | 9.8 | 1.1 | 14.7 | 255 |
| Potatoes, sweet, " " " " | 55.2 | 1.9 | .4 | 41.4 | 1.1 | 44.8 | 820 |
| Pumpkin, " " " " | 91.6 | .8 | .2 | 6.7 | .7 | 8.4 | 150 |
| Squash, " " " " | 87.6 | .9 | .5 | 10.5 | .5 | 12.4 | 235 |
| Succotash, " " " " | 75.9 | 3.6 | .9 | 18.7 | .9 | 24.1 | 455 |
| Tomato, " " " " | 94.0 | 1.2 | .2 | 4.0 | .6 | 6.0 | 105 |
| FRUIT, FRESH. | | | | | | | |
| Apples, edible portion, av. | 82.0 | .5 | .5 | 16.6 | .4 | 18.0 | 340 |
| Apricots, edible portion, av. . . . | 85.0 | 1.1 | ... | 13.4 | .5 | 15.0 | 270 |
| Bananas, yellow, av. | 74.1 | 1.2 | .8 | 22.9 | 1.0 | 25.9 | 480 |

*Refuse, pods.

†A mixture of young vegetables.

| FOOD MATERIAL. | Water Per cent. | NUTRIENTS. | | | | | | Fuel value per pound. Calories. |
|-----------------------------------|--------------------|-----------------------|--------------------|----------------------------------|-------------------|------------------------------------|------|---------------------------------------|
| | | Protein. Per cent. | Fats. Per cent. | Carbohy- drates. Per cent. | Ash. Per cent. | Total nu- triment. Per cent. | | |
| Blackberries, av. | 88.9 | .9 | 2.1 | 7.5 | .6 | 11.1 | 245 | |
| Cherries, edible portion. | 86.1 | 1.1 | .8 | 11.4 | .6 | 13.9 | 265 | |
| Citron melons, dried. | 25.6 | .4 | .6 | 72.5 | .9 | 74.4 | 1380 | |
| Cranberries, av. | 88.5 | .5 | .7 | 10.1 | .2 | 11.5 | 225 | |
| Figs, fresh. | 79.1 | 1.5 | ... | 18.8 | .6 | 20.9 | 380 | |
| Grapes, edible portion. | 78.8 | 1.3 | 1.7 | 17.7 | .5 | 21.2 | 425 | |
| Lemons, " " av. | 89.3 | 1.0 | .9 | 8.3 | .5 | 10.7 | 210 | |
| Lemon-juice. | ... | ... | ... | 9.8 | ... | 9.8 | ... | |
| Muskmelons, edible portion. | 89.5 | .6 | ... | 9.3 | .6 | 10.5 | 185 | |
| Nectarines, " " .. | 82.9 | .6 | ... | 15.9 | .6 | 17.1 | 305 | |
| Oranges, " " .. | 88.3 | .8 | .6 | 9.7 | .6 | 11.7 | 220 | |
| Pears, " " .. | 83.9 | .6 | .8 | 14.2 | .5 | 16.1 | 310 | |
| Pineapples, " " .. | 89.3 | .4 | .3 | 9.7 | .3 | 10.7 | 200 | |
| Plums, " " .. | 78.4 | 1.0 | ... | 20.1 | .5 | 21.6 | 390 | |
| Prunes, fresh, " " .. | 80.2 | .8 | ... | 18.5 | .5 | 19.8 | 360 | |
| Raspberries. | 85.8 | 1.0 | ... | 12.6 | .6 | 14.2 | 255 | |
| Strawberries, edible portion, av. | 90.9 | 1.0 | .7 | 6.8 | .6 | 9.1 | 175 | |
| Watermelons, " " .. | 92.9 | .3 | .1 | 6.5 | .2 | 7.1 | 130 | |
| Whortleberries. | 82.4 | .7 | 3.0 | 13.5 | .4 | 17.6 | 390 | |
| FRUIT, DRIED. | | | | | | | | |
| Apples dried, av. | 36.2 | 1.4 | 3.0 | 57.6 | 1.8 | 63.8 | 1225 | |
| Apricots, dried, av. | 32.4 | 2.9 | ... | 63.3 | 1.4 | 67.6 | 1230 | |
| Currants, Zante, dried. | 27.9 | 1.2 | 3.0 | 65.7 | 2.2 | 72.1 | 1370 | |
| Dates, edible portion. | 20.8 | 2.2 | 5.1 | 70.4 | 1.5 | 79.2 | 1565 | |
| Figs, as purchased, av. | 22.5 | 5.1 | ... | 70.0 | 2.4 | 77.5 | 1395 | |
| Grapes, ground, dried. | 34.8 | 2.9 | .6 | 60.5 | 1.2 | 65.2 | 1205 | |
| Prunes, edible portion, av. | 26.4 | 2.4 | .8 | 68.9 | 1.5 | 73.6 | 1360 | |
| Raisins, as purchased, av. | 14.0 | 2.5 | 4.7 | 74.7 | 4.1 | 86.0 | 1635 | |
| FRUIT, CANNED. | | | | | | | | |
| Apples, crab. | 42.4 | .3 | 2.4 | 54.4 | .5 | 57.6 | 1120 | |
| Blackberries. | 40.0 | .8 | 2.1 | 56.4 | .7 | 60.0 | 1150 | |
| Blueberries, av. | 85.3 | .6 | .7 | 13.0 | .4 | 14.7 | 280 | |
| Peaches, as purchased. | 93.7 | .5 | .2 | 5.3 | .3 | 6.3 | 115 | |
| Pineapples, " .. | 61.8 | .4 | .7 | 36.4 | .7 | 38.2 | 715 | |
| NUTS. | | | | | | | | |
| Almonds. | 6.3 | 23.7 | 53.2 | 8.5 | 3.0 | 87.5 | 2840 | |
| Chestnut, fresh, peeled. | 38.5 | 6.9 | 8.0 | 44.9 | 1.7 | 61.5 | 1300 | |
| Cocanut, fresh. | 46.6 | 5.5 | 35.9 | 8.1 | 1.0 | 50.5 | 1765 | |
| Cocanut, prepared, av. | 3.5 | 6.3 | 57.4 | 31.5 | 1.3 | 96.5 | 3125 | |
| Filberts. | 48.0 | 8.4 | 28.5 | 11.1 | 1.5 | 49.5 | 1565 | |
| Groundnut, peeled. | 7.5 | 24.5 | 50.0 | 11.7 | 1.8 | 88.0 | 2780 | |
| Peanuts, edible portion, av. | 9.2 | 25.8 | 38.6 | 24.4 | 2.0 | 90.8 | 2560 | |
| Walnut, peeled. | 44.5 | 12.5 | 31.6 | 8.9 | 1.7 | 54.7 | 1720 | |

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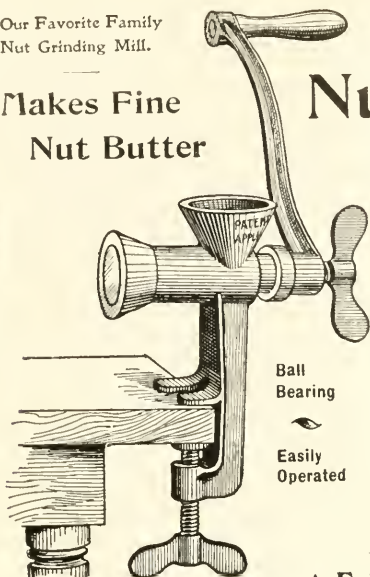
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